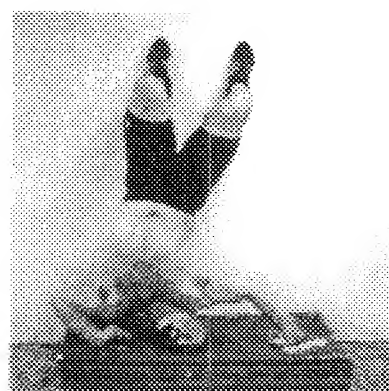
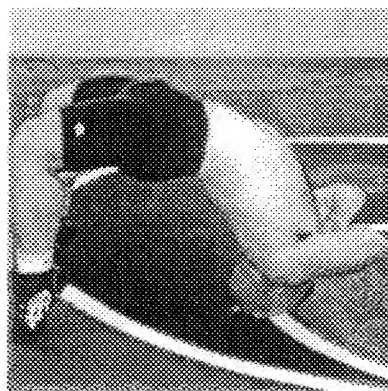
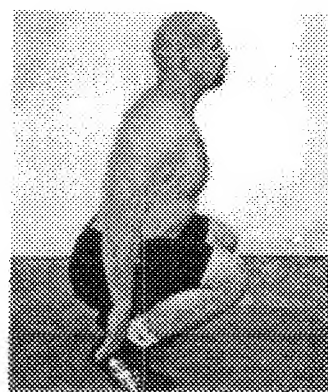
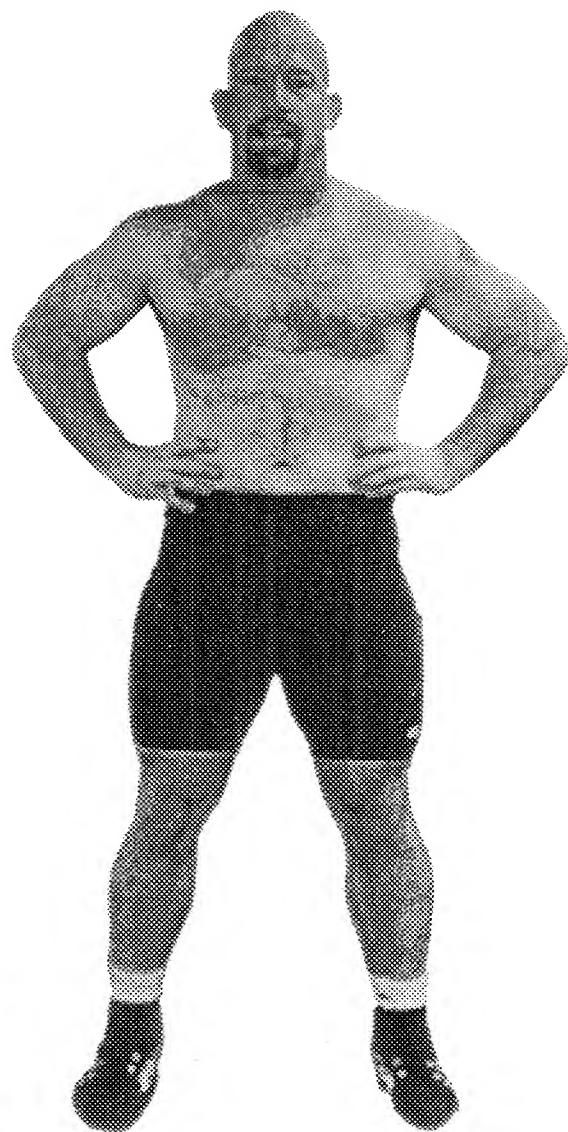
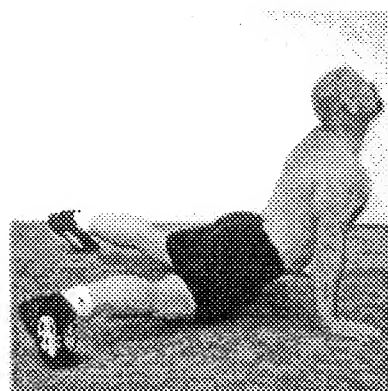


COMBAT CONDITIONING

Functional Exercises for Fitness and Combat Sports

by Matt Furey



COMBAT CONDITIONING

**Functional Exercises for
Fitness and Combat Sports**

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Disclaimer

The exercises and advice contained within this book may be too strenuous or dangerous for some people, and the reader(s) should consult a physician before engaging in them.

The author and publisher of this book are not responsible in any manner whatsoever for any injury which may occur through reading and following the instructions herein.



Testimonials

*"In **Combat Conditioning** Matt Furey follows in the footsteps of Karl Gotch, taking a classical approach to conditioning. This approach is rock solid. Having used the exercises and having the people I coach and train use them, I have found these exercises to be great. Read the book and learn."*

Kim Wood

Strength Coach - Cincinnati Bengals NFL

*"By following the exercises in **Combat Conditioning**, my strength and flexibility have never been better. Even though I am in my mid-40's these exercises have allowed me to continue to compete at a high level. As a coach, I can say that anyone who wants to achieve an elite status in grappling or any other combat sport, needs to follow these methods."*

Steve Maxwell

Owner of Maxercise Sports Fitness

1999 Brazilian Jiu-Jitsu World Champion

*"I have found no other exercises that increase balance, agility, functional strength and overall grappling endurance like the bodyweight calisthenic exercises outlined by Matt in his grappling magazine (**G.A.I.N.**) and at his seminars. As a martial artist, I've tried everything from long, slow distance running to high weight, low repetition high intensity 'bodybuilding' style weight training, but found that my time is much better spent doing the calisthenics in **Combat Conditioning**. I rely heavily on these exercises, as do my students."*

Jason Crawford, Ph.D.

Senior Scientist

Combat Wrestling Instructor

*"In real estate the three rules are location, location, location. When it comes to combat sports the three rules are conditioning, conditioning, conditioning. Matt Furey will get you in the best condition of your life with his new book **Combat Conditioning**. I have used Mr. Furey's methods in my own training and with my Taekwondo students. The results have been incredible. Strength, endurance and flexibility were greatly improved. Whether you are a striker or a*

grappler or you just want to be in the best shape possible, get this book. On a scale from 1-10, I give it an 11. Forget the gimmicks and the gadgets. All you need is your own body and the desire to follow the program."

Philip Ameris

6th Degree Black Belt

"I have found **Combat Conditioning** so effective that I have made the exercises the cornerstone of both my personal training and the training of my boxing club. Matt Furey doesn't just teach exercises, however. Combat Conditioning is a philosophy of physical culture that stands on its own and will help ANYONE with the guts to give it a real try!"

Nathan Hatton

President, Wilfrid Laurier University Boxing

"Since I began following Matt Furey's advice on exercise, a couple of chronic injuries have finally started to heal. I have had a chronic neck problem (made worse by rugby) for years, but since following the bridging that Matt has recommended, I am pain-free. I have greater cervical mobility and much greater strength. It's funny, but prior to this, various neck machines and neck harness work did not have the same effect. I also have this shoulder that "pops" out at various times whenever someone pulls my arm or I reach out. Nothing I tried helped. However, after I began the bridging and Hindu push-ups, this popping out no longer happens. A routine of Hindu squats, Hindu push-ups and bridging has improved my overall endurance, allowing me to wrestle for longer periods. Prior to learning this from Matt, I did not believe that I could improve my strength and combat skills without weight training. In each workout I am gaining a little more flexibility and increasing my strength. I highly recommend **Combat Conditioning** for anyone, athlete or otherwise, who wants to get the most out of himself.

Dr. Brett Jacques, ND

author of *Street Sambo*

Are You In Condition?

Take the following test:

1. Do you have trouble carrying your groceries or doing other mundane tasks?
2. Is your waistline bulging and your energy plummeting?
3. Do you feel old?
4. Do you have trouble sleeping at night?
5. Do you wear clothes that hide the way you look?
6. Do you feel you're under heavy stress?
7. Do you feel depressed or down?
8. Can you do 200 Hindu squats without stopping?
9. Can you do a handstand?
10. Do you have lower back and/or neck pain?
11. Are you stiff?
12. Are your muscles sore even though you don't exercise?
13. Do you feel tired throughout the day?
14. Do you feel like you have no control over your life?
15. Do you get sick easily?

If you answered yes to any of these questions, then
Combat Conditioning
is for you!

Combat Conditioning: Functional Exercises for Fitness and Combat Sports

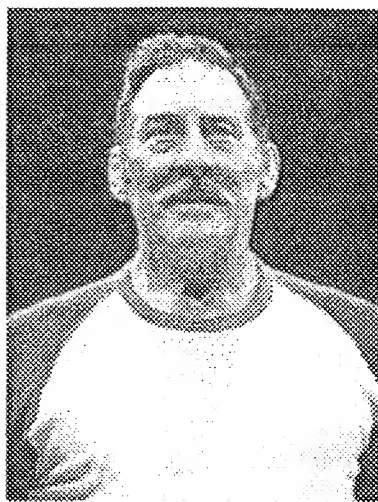
A Matt Furey Book / February 2000

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To
Karl Gotch
Thanks for all your help.

This Book Is For You!

The book you now hold in your hands is for anyone who wants to improve upon his or her current level of fitness. It's for men, women and children. It's for business people and regular folks who simply want to get in shape. It's for combat athletes who want to improve their performance. It's for anyone who wants to follow the road to functional fitness.

Listed below are some of the many benefits you will experience as a result of studying and applying the exercises in ***Combat Conditioning***.

1. Your lower and upper back will be much stronger and more flexible, and your neck will be a bundle of pain free muscle.
2. Bulging waistline and excess flab will disappear.
3. Functional strength, flexibility and endurance will increase so much we can't even put a percentage on it, but let's just say 500% for starters.
4. You'll have less stress, better digestion and improved circulation.
5. You'll sleep better.
6. You'll have nerves of steel and a mind that can focus like a laser.
7. You'll have an exercise program that you can follow at home or on the road.

Introduction

My Journey to 400

From the time I was 13 years old I have been keenly interested in learning the best ways to get in condition for sports. At that time I began training three days a week, using only one exercise, the clean and push press. In six weeks I noted some amazing changes in my physical appearance. And to a certain extent, the new muscles helped me perform better in the sports I was involved in: football, wrestling and swimming.

A year later, though, I began to train differently. After reading a number of books on bodybuilding, I believed the authors knew what they were talking about. The exercises they recommended with barbells, dumbbells and machines were not only designed to give me a better physique, but I was told they would make me a better athlete. I'm sorry to report that I wasted my time with those exercises.

When I was 15, I met a guy, Joe, who was about eight years older than me. Joe did 1000 pushups a day and ran like a deer. He was in incredible shape and after talking to him I began doing hundreds of pushups a day. At the time (1979), I noted that many of the top professional boxers did not lift weights. Instead, they concentrated on pushups, situps and other calisthenics. Like Joe, the pushups I began doing helped me get into better condition, but they were not the complete answer I was looking for and needed.

Throughout the rest of my high school career I continued to do bodybuilding exercises but the thing I noticed about them is that they didn't really give me functional strength and endurance. In the back of my mind, however, I knew that there had to be exercises without weights that were better than anything else I was doing. At times I came across them, but because "no one" else was doing them and no one could really explain to me why they were superior, I didn't stay with them for long.

Some of the most functional exercises I came across in my days as a high school and collegiate wrestler were pushups, free squats, situps, dips, pullups and handstand pushups. In addition, I found exercises like walking on my hands to be a tremendous upper body conditioner that also improved my balance and coordination.

In regard to the squats, I'll never forget the time during the winter of 1980, when my mother gave me an article that talked about dancers and how they built amazing strength and explosiveness in their thighs. Free squats, done in high numbers, were the key. That evening when I was doing my exercises, I began to incorporate the squats. I did 100 at a time, once per day.

Two weeks later I was wrestling in a tournament against a guy who had beaten me three times before. In a match six weeks earlier, he soundly defeated me. But he would not be facing the same person when I shook hands with him this time. I felt like I had springs in my legs. Every move I tried felt incredibly explosive. To the shock of my opponent, I won the match.

Amazingly enough, I never made the connection between the squats I had done for two weeks and the results of that match. Instead of continuing on with the daily squats, I did

them every once in awhile. Big mistake.

When I got to the University of Iowa to begin my collegiate wrestling career I noticed that the best wrestler on the team, Ed Banach (a 3x NCAA champion and 1984 Olympic gold medalist), did not follow the same weight training routine that the others did. He followed a routine that consisted of calisthenics. The other wrestlers on the team laughed at the routine Ed followed. They felt it was "outdated."

One day when I began doing the free squats again, one of the other wrestlers looked at me and laughed. "What are you doing that for?" he asked. "Why use your own body weight when you can add more weight with a barbell or a machine?"

Oh how I wish I would have ignored that guy. I was getting in touch with the key to superior conditioning, and I let him talk me out of it. In the long run though, I have found that many of the mistakes I made in my earlier days have turned into a blessing. If I had never followed all the other routines, how would I truly know what is best for me?

In April of 1999, I was fortunate to meet Karl Gotch, a 1948 Olympian from Belgium, and the real brains behind the contents of this book. At 75 years of age, Karl, known as "The God of Wrestling" in Japan, showed me, in spite of my national and world title, that, in terms of conditioning, I had a long way to go to. Karl helped me understand that my 36-year old body, a body that many people considered to be highly athletic ... was in fact, stiff, weak and in many ways, non-functional.

From that moment my life has never been the same. I was so impressed with what I was learning, not only about conditioning, but about the lost art of catch-as-catch-can wrestling, that I moved my wife and family from California to Florida, so that I could learn from Karl on a regular basis. Within a relatively short period of time, my strength, endurance and flexibility took a big leap forward.

"Imagine if I had you when you were 14 or 15," said Karl. "Imagine if you started learning these methods that long ago. With your desire and work ethic, there's no saying how far you would go."

Each day I work on the exercises contained in this book and each week I see improvements in my overall fitness and combat skills. The publication of **Combat Conditioning** represents my fervent desire to bring what Karl has taught me to those who have the eyes and ears for it.

If you feel something stirring inside your soul as you read this, you're ready to begin. Devote at least 15 minutes each day to the exercises in this book, and watch your life change for the better.

Begin at a pace that is in line with your current fitness level and make adjustments as you progress. As I tell my students, Rome cannot be built in a day ... but it can be built.

Best of luck to you.

M.F.

Opening Instructions and Comments

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Physical Condition – The exercises contained in this book are for people who are healthy. They can be done by men and women. Kids can do them as well, and so can people in their 40's, 50's and beyond, provided, of course, that their health is good and they have no orthopedic problems.

Exercise Periods – As a general statement, you'll want to devote 15 minutes per day to the exercises contained herein. In the beginning, 15 minutes may be more than some people can handle. Many people I have trained could not do 25 Hindu squats or five Hindu pushups when they began. This is understandable and if you are this type of person, begin slowly and coax yourself along to greater levels of fitness.

The Most Important Exercises – The most important exercises are what I call THE ROYAL COURT: Hindu Squats, Hindu Pushups and the back bridge. For those who are not physically able to do these three exercises, adapt and improvise. Find out what you can do, even if it is sitting for a minute in the wall chair or holding yourself in pushup position. Make a commitment to improve your health and stick to a daily program. As your condition improves, give yourself more to do, not less. The more time you put into your program, the more benefits you will receive. Many people will be able to do THE BIG THREE when they begin, but not very well. This should not stop you one bit. When I first began training in these exercises my form was far from perfect ... and I'm still making improvements. If you wait until your form is perfect, you'll be waiting forever. The main thing is that you BEGIN.

Minimum and Maximum – I have given a minimum number of repetitions or a time frame for some of the exercises. If you cannot do the minimum, do not hold this against yourself. Do what you can and keep trying. That's the key. A maximum number is generally not given as the sky is the limit in terms of what the human body can do. For example, Karl Gotch once did 9001-straight Hindu squats. It took him four and a half hours. On the eve of the new millennium, I did 2000 Hindu squats to ring in the year 2000. Set squat and pushup goals to motivate yourself and get to work. It is a great feeling of accomplishment to surpass what you now envision as impossible or "crazy."

Ripped Muscles – These exercises are not "bodybuilding" exercises designed to get you "ripped." Yes, you will get stronger and more muscular. Your body will also get leaner. But the primary purpose of these exercises is the development of functional fitness. That means strength, endurance and flexibility. Bodybuilders do not have functional athletic muscles. Their muscles are tight, stiff and cramped and in a combat situation, they are the first to get injured. Bodybuilders don't have much for endurance, either. And surprise, surprise ... in most cases, despite their big showy muscles, they aren't very strong. If you want bodybuilder muscles, study bodybuilding. If you want functional fitness, study **Combat Conditioning**.

Clothing and Equipment – If you're training in the privacy of your own home, you'll be most comfortable if you exercise with a minimal amount of clothing. Having a mirror before

you while you train is a good idea as you can observe your exercise form. Other than that, you don't need anything but a towel and a soft mat for some of the bridging exercises. Although I am wearing shoes in the pictures contained in this book, when I train at home I am in bare feet. Training without shoes strengthens the feet.

Rhythm – As your technique in performing the exercises improves, you will get into a rhythm or groove. Oftentimes you'll be so focused that all thoughts of the past and future fade away. This is a state of mind that is desired while you train, but don't worry if this doesn't happen to you right away. Focus on the exercise and upon your breathing and you'll go far.

Focused Breathing – Breathing should be deep and natural, with no impediments. Inhale and exhale with each movement. Keep your mind focused upon your breathing and upon the muscles you are training. By focusing on the muscles you are training, you will get more results than if you let your mind wander.

What Do The Exercises Do For You? The exercises in this book strengthen the muscles of the torso, the abdominals, the lower and upper back, the hips, spine, neck, thighs, arms, hands and feet. The functioning of your internal organs will improve as well and each day you'll notice other physical and psychological benefits.

Weight Loss and Reduced Body Fat – These exercises go a long way in helping to reduce excess weight and body fat. For optimum results, however, do not rely on exercise alone. Follow a natural diet of meats, fruits and vegetables and your job will be that much easier. Avoid white starchy foods. As a general rule, avoid anything that comes in a bag, box or wrapper.

How Long Do I Need To Continue The Program? How long do you need to continue brushing your teeth or taking a shower? Exercise is a daily duty. It is not something to avoid or escape from. Animals in the wild never miss a day of exercise. Take a domesticated dog and lock him up for a week and he'll go stir-crazy. There is something to be learned from this. As Eugen Sandow once said, "Life is movement." Once you stop moving, you're dead. Choose life.

The Royal Court

The Royal Court in **Combat Conditioning** is comprised of the three most important exercises for developing the entire body: Hindu squats, Hindu pushups and bridging.

When I say entire body, though, I am not simply referring to the muscles. I am also talking about the lungs, the heart, the kidneys, the spine and all the internal organs and glands. When you exercise, think of training everything from the inside out. This means that deep and concentrated breathing plays a major role. Training without a concentrated mind is not nearly as beneficial as having a focused mind. Training without deep breathing is a mistake as well. When you train you want to put yourself into another state - a mindset in which the only thing you're thinking about is yourself. Thoughts of the future or the past are not important. Stay in the here and now.

Right from the get-go you should know that a person who does not do Hindu squats is not really doing **Combat Conditioning**. Hindu squats lay the foundation for strength and endurance. They build lung power, as well as the thighs, lower back, calves, chest, shoulders and arms. The deep breathing alone will expand the chest and make it larger and more prominent. Additionally, Hindu Squats develop balance, something that is essential to success in combat sports.

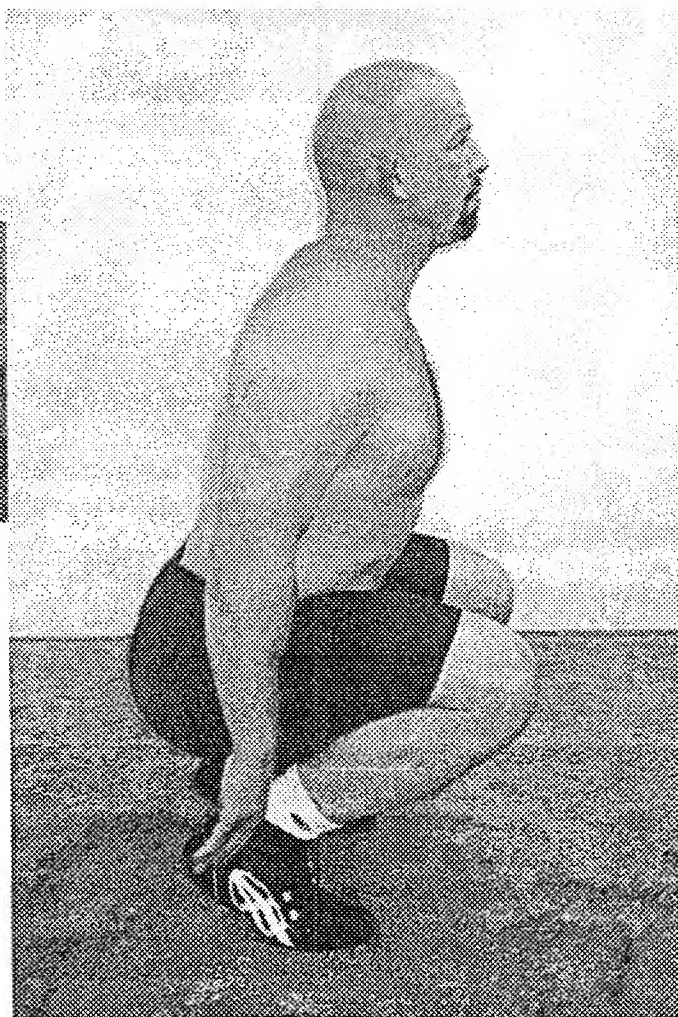
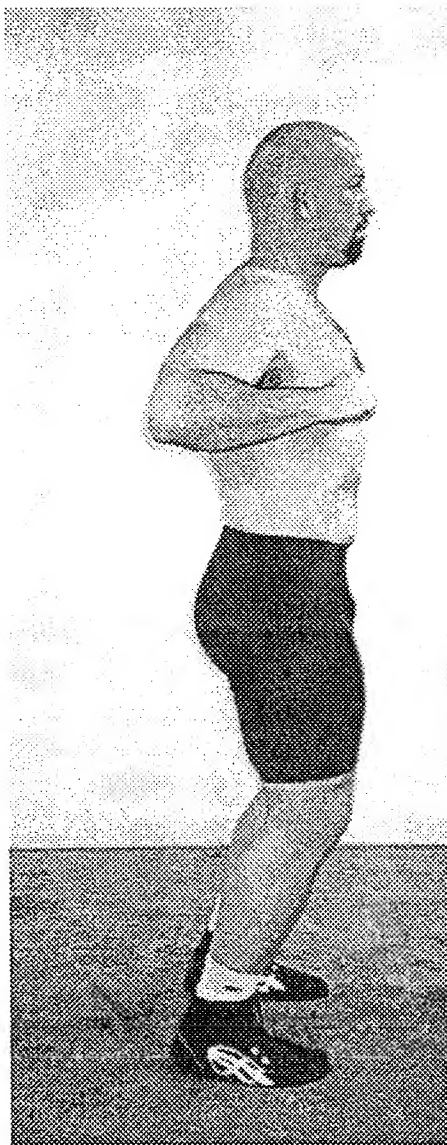
Hindu pushups follow the squats. They build strength throughout the torso and arms. The arch involved in this movement stretches and strengthens the spine, hips and shoulders.

As great and important as Hindu squats and pushups are, however, the KING of the ROYAL COURT is the back bridge. It exercises the entire body from head to toe. Many people mistakenly think the back bridge is bad for your neck. The exact opposite is true. Those people who do not have current injuries to the cervical vertebrae, will find the back bridge strengthening the neck, back, thighs, hips and buttocks like nothing else. How can this be done if all the stress is only on the neck? It clearly isn't when done properly.

Many people with neck and back pain feel like new after less than a month of bridging. I can't tell you how many people I know who have been helped by learning the back bridge. All I can say is I've lost count and the number is growing by the day.

If, at the present time, your neck and back are so rigid and inflexible that you cannot do the bridge, begin with the Wall Walking exercise. When your flexibility improves you can start bridging on the floor. Bear in mind, however, that wall walking is another version of the bridge and it can be used even when you already have a good bridge. I practice wall walking regularly as it keeps my spine flexible and helps push my agility to new levels.

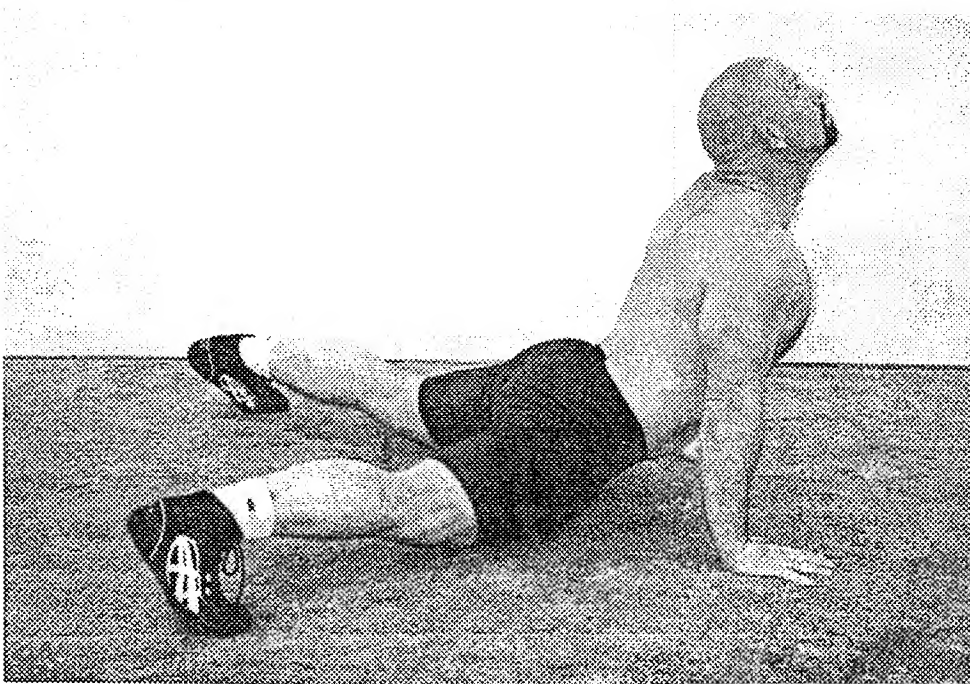
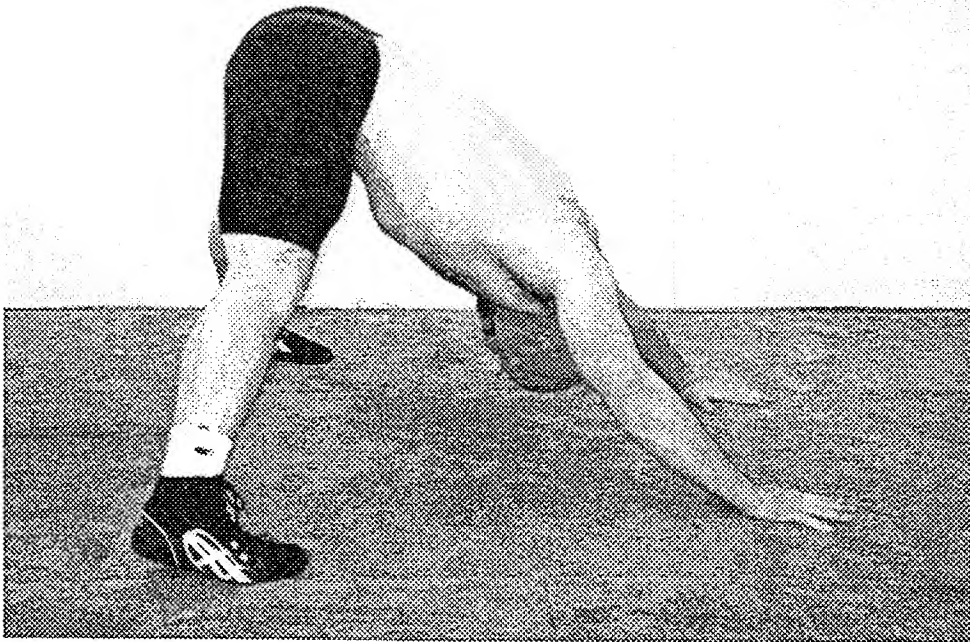
Okay, enough of the preliminaries. Let's get you started.



Hindu Squats

Hindu Squats are the first exercise taught in *Combat Conditioning*. They build strength and endurance throughout the thighs, calves, lower back and chest. Most importantly, though, they build lung power. If you can run several miles at a decent clip or pound the Stairmaster for a half hour, you probably think you have good cardiovascular fitness. Great. Now try 500-straight Hindu squats on for size. I think you'll be amazed.

1. Begin with your feet shoulder-width apart and your toes pointing straight ahead. Your hands are pulled in tightly to your chest. Inhale.
2. Keep you back fairly straight and lower your buttocks until your thighs are parallel to the floor.
3. As you lower your buttocks your hands are BEHIND your back, and they follow you toward the ground.
4. As you move toward the parallel-to-the-ground position, you should simultaneously raise your heels from the floor.
5. Now swing your arms upward and push off your toes, raising your body to a standing position.
6. As you raise your body, your hands come IN FRONT of your body. They continue to rise until they are level with your chest.
7. Once you have reached the up-position, you pull your arms in toward your chest again, as if you are rowing a boat. Make tight fists with your hands and pull. Your elbows will be close to your body as you pull.
8. Inhale as you pull your arms in, exhale as you lower yourself.
9. Repeat without stopping for as many reps as possible. In the beginning, depending on your condition, you will be able to do 25-50. When you can do 100 without stopping, you're making great strides.
10. When you can do 500-straight Hindu squats, you're on the way to greatness.



Hindu Pushups

The Hindu pushup is an exercise, like Hindu squats, that has been used by Indian wrestlers for centuries to build upper body strength and endurance. What makes this exercise so dynamic is that while building strength and stamina, you are also increasing the flexibility of the spine, hips and shoulders. When combined with deep breathing Hindu pushups also build lung power. For those who are used to regular pushups, you'll find these to be quite a challenge. If you can bench press 400 pounds, I'll bet dollars to donuts that you'll struggle with 25-straight Hindu pushups.

1. Start with your hands on the floor, shoulder-width apart.
2. Your feet are on the floor (no knees) and your legs are also shoulder-width apart.
3. Starting position is butt in the air, head looking back to your heels.
4. Bend your elbows and lower your body in a circular arc, until your arms are straight. Your chest is up and your hips are almost touching the ground.
5. Look to the ceiling. Exhale.
6. Push back toward your heels once again. Straightening your arms and stretching your legs, as in #3.
7. Back to the same position as described in #4.
8. Do as many repetitions as you can.

Back Bridge

The back bridge is the greatest exercise in the entire *Combat Conditioning* repertoire. It is the KING. Most people think the back bridge only works your neck, but it does far more than that. In addition to promoting flexibility in your spine, the back bridge builds the muscles in your abdominals, legs, hips, buttocks, back, shoulders and neck. That's quite a load, wouldn't you say?

The back bridge is one of the most misunderstood training movements in existence. Before looking at the pictures and instructions on how to do a proper back bridge, it is important to lay some ground work on the subject.

One of the things you'll find written in some books is a panic-like warning about bridging. These books tell you that it is dangerous, that you shouldn't do it, that, in fact, you shouldn't do any neck exercises with a weight that is greater than your own head. One of the common themes is that bridging "compresses the cervical vertebrae of the spine."

The exact opposite is true. Bridging stretches the spine and the muscles along the spine, everything from the coccyx through the cervical vertebrae. Take one of those skeletons doctors have in their offices and lean the head back and tell me if the cervical vertebrae are compressed. Then go to a chiropractor to get your spine adjusted. How does he do it? He doesn't jar you up, does he? No, he stretches you out.

A simpler example is as follows: If you pull on a bow string is it compressed or stretched? It is stretched.

How people have come to believe that stretching the neck and spine with bridging is compression is beyond me.

Combat athletes who dismiss bridging as a dangerous exercise have either never done it, can't do it (either because of fear or a preexisting neck injury), are simply repeating without first-hand knowledge what someone else told them ... or they are just plain dumb.

There is no exercise that will strengthen your neck as much as proper bridging. The key, however, is in knowing how to do it. Unfortunately, most people never learn the proper method. Most bridge on the top of the head.

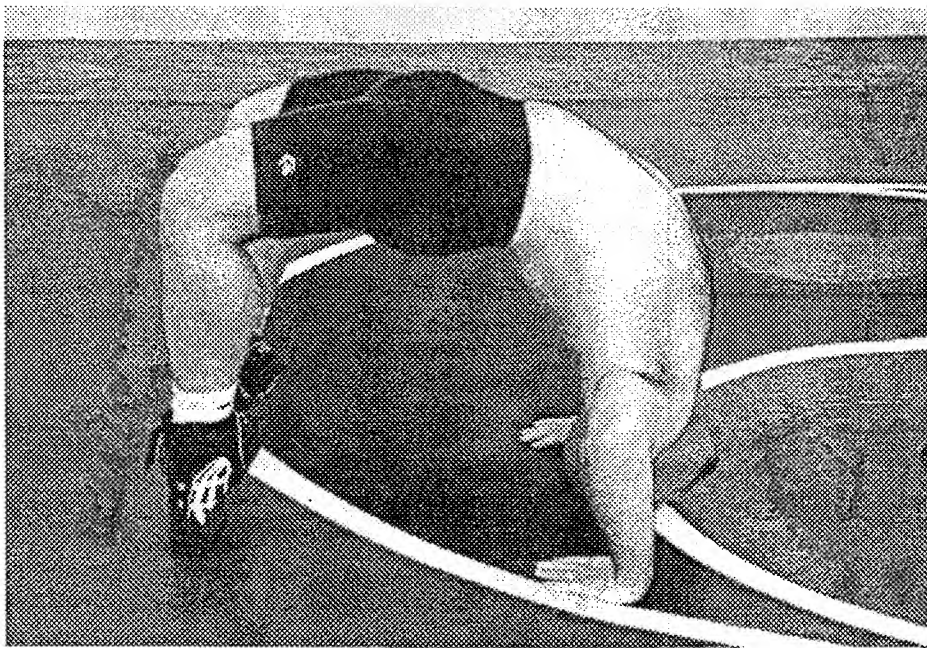
This is the way I was taught to do it as well, but it is wrong. The proper method of doing a back bridge requires you to place all the weight on your forehead, not on the top of your head. You must arch your entire spine. Your hips and abdominals must thrust forward and your chest should be expanded as well. And from this position you continue to arch, relaxing your shoulder and neck muscles until your nose touches the mat.

This may seem like an impossibility, and it may be for those who are sick, frail, weak, afraid or injured. But it isn't for most people. In fact, over the last couple months I have taught many people, young and not so young, how to do the bridge, and some of them were able to touch their noses on the first try. Others were not able to do so right away, but after a month or two of steadfast practice, were able to nail it.

Your sole focus, however, is not simply getting your nose to the mat. Once you have attained the perfect bridge (forehead and nose on the mat with feet flat on the floor and arms folded across chest), you are to hold this position for three minutes. Count silently to 200 and you've done it. Believe me, holding a perfect bridge for three minutes is no easy task, and once you can do it you're really doing well.

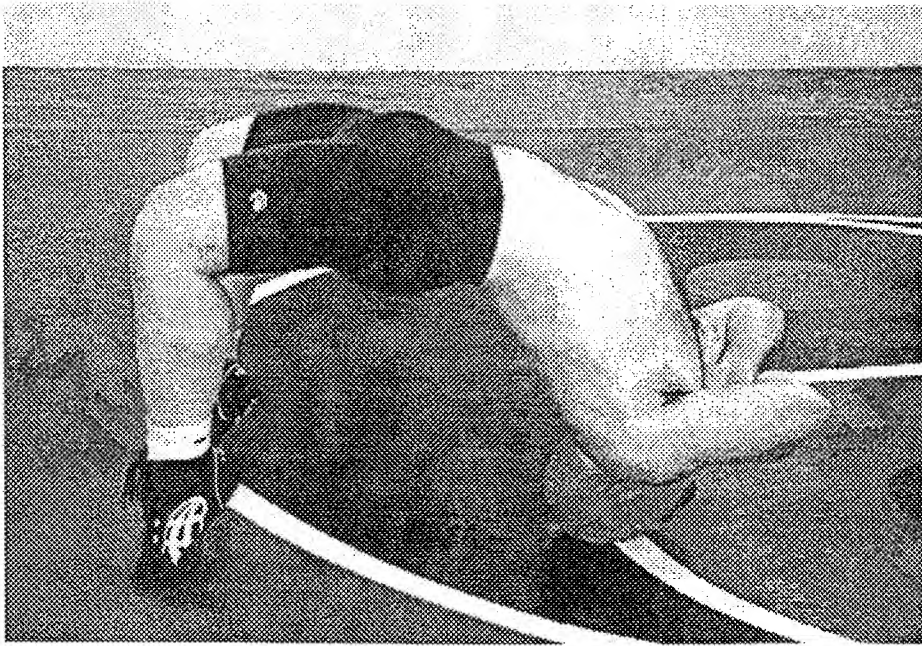
The above represents how you get started on the path to building a powerful neck. No other neck exercise can give you the results that bridging will. Neck isometrics don't do it. Lying on a bench with a plate resting on your head doesn't do it. Neck harnesses don't do it and neck machines should be avoided at all costs as they bind, cramp and put kinks in the muscles of the neck.

Do you know why the other exercises don't work as well as bridging? It's because all the other exercises isolate the neck muscles. Proper bridging does NOT isolate the neck muscles. It works the muscles along your entire spine as well as the buttocks, hips and thighs. In short, bridging is a movement that involves most of your body.



Bridge With Hand Support

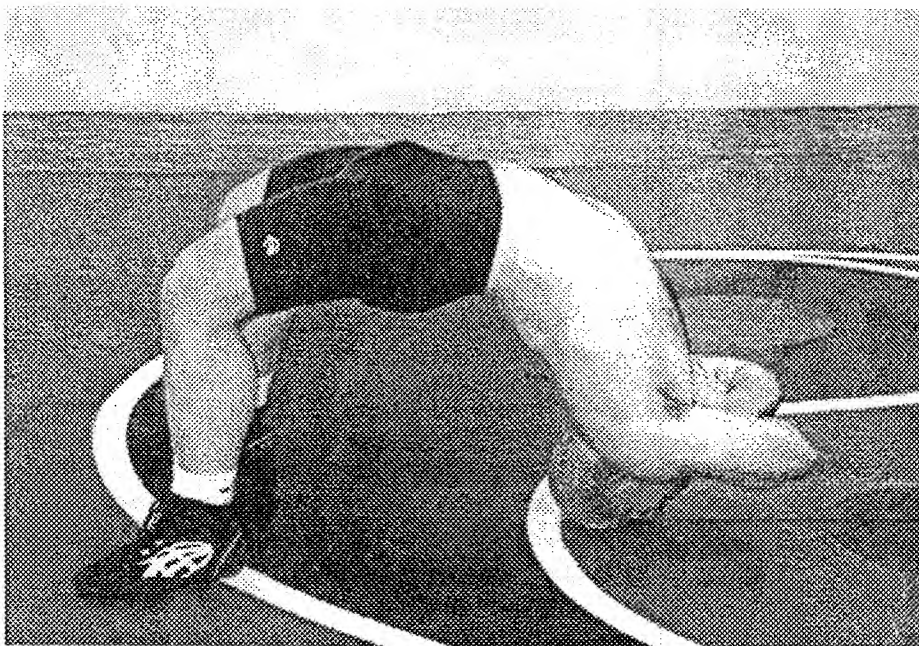
1. Lie down on a soft mat with your back facing down.
2. Bend your legs and place the palms of your hands by your shoulders.
3. Drive off your legs and push off your hands until you are placing weight on the top of your head.
4. Once you are on the top of your head, arch your lower back and push your chest forward. Strive to touch your nose to the mat behind you.
5. Rock back and forth, trying to go further each time. Take your time though. If you don't have the flexibility just yet, be patient. Eventually it'll come. Don't force it.
6. Go back and forth 10-20 times.
7. Inhale when you push upward. Exhale when you come down.



Bridge With Arms Folded Across Chest, Heels Up

Once you are able to touch your nose to the mat, you're ready to progress to the following variation:

1. Lie down on a soft mat with your back facing down.
2. Bend your legs and place the palms of your hands by your shoulders.
3. Drive off your legs and push off your hands until you are placing weight on the top of your head.
4. Once you are on the top of your head, arch your lower back and push your chest forward. Strive to touch your nose to the mat behind you.
5. Once you have touched your nose to the mat, stay there and fold your arms across your chest.
6. Now rock back and forth, trying to go further each time.
7. Go back and forth 10-20 times.
8. Inhale when you push upward. Exhale when you come down.



Bridge With Arms Folded Across Chest, Heels Flat

Once you are able to touch your nose with arms folded across your chest and heels off the ground, work on doing the next variation.

1. Lie down on a soft mat with your back facing down.
2. Bend your legs and place the palms of your hands by your shoulders.
3. Drive off your legs and push off your hands until you are placing weight on the top of your head.
4. Once you are on the top of your head, arch your lower back and push your chest forward. Strive to touch your nose to the mat behind you.
5. Once you have touched your nose to the mat, stay there and fold your arms across your chest.
6. Now lower your heels to the mat and keep your back arched so that your nose is still touching the mat.
7. Breathe naturally and hold this position for as long as you can. Shoot for three minutes. Count silently to yourself. When you reach 200 and you should be there.

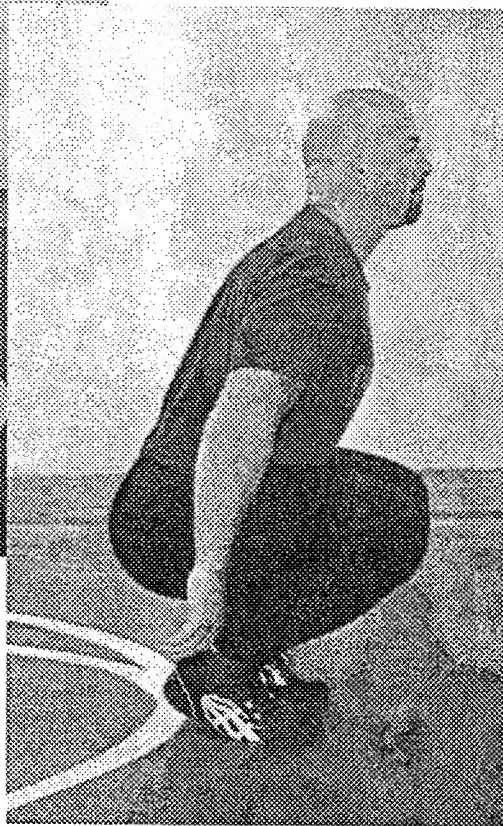
Note: After doing this exercise, it is a good idea to stretch the other way by doing the front bridge, located in the supplementary exercises section that follows.

Supplementary Exercises

After working on the exercises in the ROYAL COURT for one month, you can begin adding one or more of the supplementary exercises that follow. Go as you like, but stick with the foundation.

Some of the following exercises are easy and others are pretty darn difficult. Choose those that you think will benefit you the most. Do not however, jump into the most difficult exercises before you are ready.

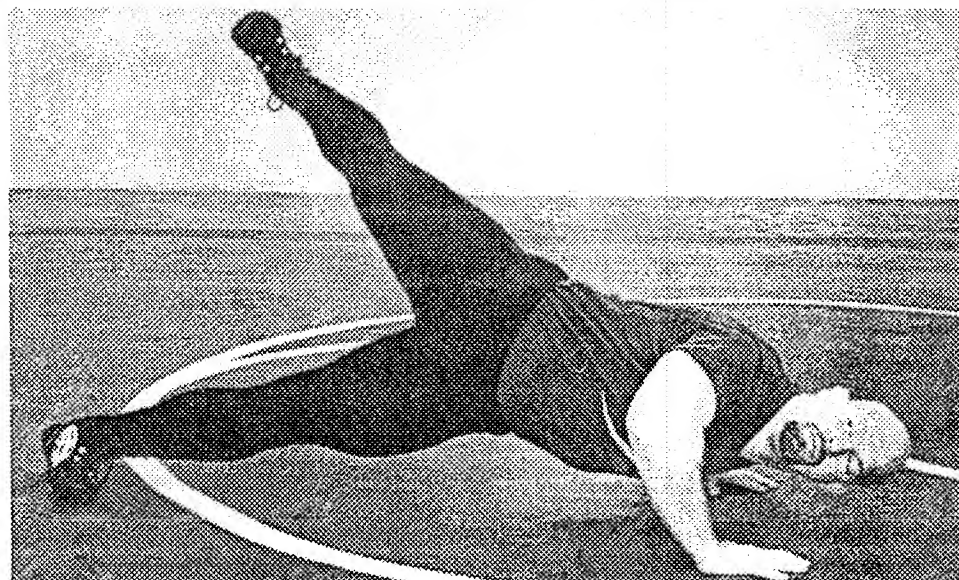
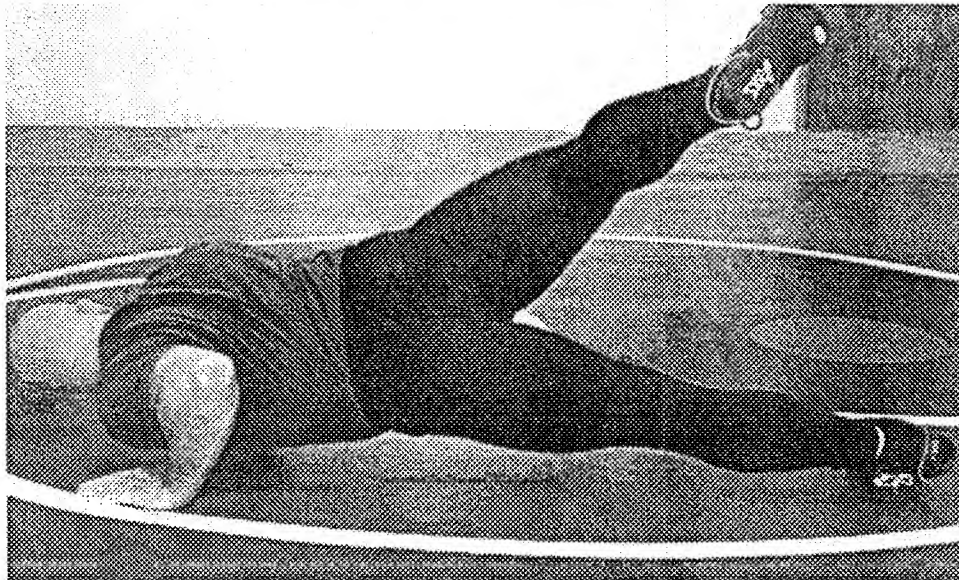
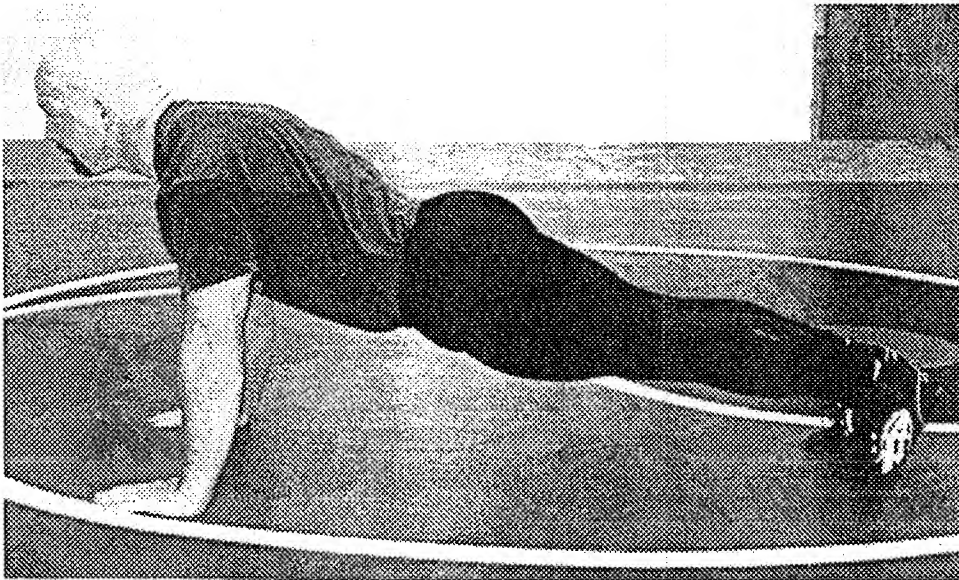
The supplementary exercises add variety and keep your enthusiasm for training in high gear.



Hindu Jumper Squats

Jumper squats are great to do by themselves or in combination with regular Hindu squats. You'll find yourself huffing and puffing in no time and you know what that means. LUNG POWER! Begin this exercise from the same position as the Hindu squats.

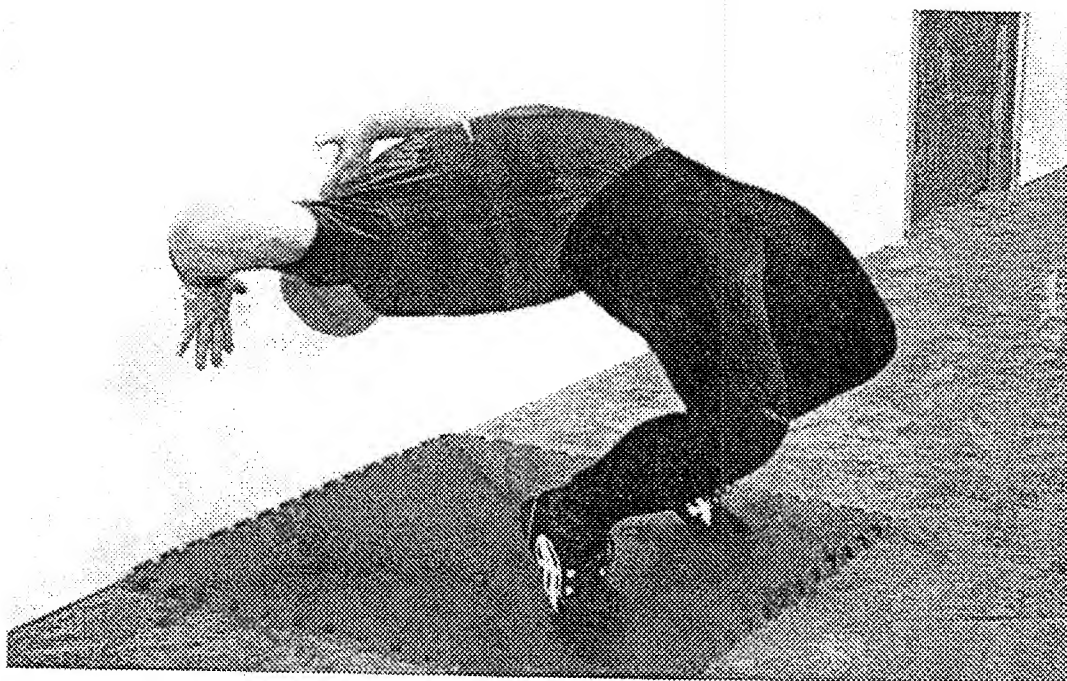
1. Jump forward six inches landing in a squat with your heels elevated.
2. Make sure that both feet touch the ground simultaneously.
3. As you jump forward, inhale as your arms go behind your back.
4. Jump back to the starting point and exhale as your arms swing upward and pull backward.
5. Repeat this movement over and over until fatigued. Shoot for 10- 20 repetitions at first. Eventually you'll be able to do 100 repetitions or more. This exercise will get you huffing and puffing and will burn fat like nobody's business.



One Leg in Air Pushups

These pushups are about as close you can get to doing a one-arm pushup while using the other arm for balance. It really works the shoulders and arms.

1. Start with your hands on the floor, shoulder-width apart.
2. Your feet are together.
3. Starting position is like that of a regular pushup.
4. Lift your left leg in the air and turn the right side of your body downward as you lower your right side toward the floor.
5. Now push yourself back up.
6. Now lift your right leg in the air and repeat with the left arm.
7. Inhale as you lower yourself. Exhale as you come back to the starting position.
8. Do as many repetitions as you can.



Wall Walking

This exercise is another one that stretches and strengthens all the muscles along the spine. It also works the abdominals as they involuntarily contract when you bend backwards. Increased flexibility and strength in the spine goes a long way toward increasing energy levels and improving overall health.

1. Stand with your back and heels flat against the wall.
2. Take two steps, heel to toe, until you are three feet from the wall.
3. From there, lean backward with your hands stretched above your head.
4. Slowly move your hands down the wall. Continue walking until the top of your head lightly touches the floor.
5. Turn to your stomach and stand up again.
6. Do five to ten repetitions.
7. Breathe naturally.



Wall Walking to Back Bridge to Chest on Wall

(See illustration page 35)

This exercise begins like Wall Walking, but once you reach the floor, you're going to go into a back bridge. Do this exercise slowly.

1. Stand with your back and heels flat against the wall.
2. Take two steps, heel to toe, until you are three steps from the wall.
3. From there, lean backward with your hands stretched above your head.
4. Slowly move your hands down the wall. Continue walking until the top of your head touches the floor.
5. Now put your palms flat on the floor and arch your spine.
6. Slowly push up and back, trying to touch your chest to the wall behind you.
7. If you cannot touch it, slowly rock back and forth and keep trying.
8. Once you are able to touch, hold for 10 to 30 seconds while breathing naturally.
9. Now rock back and forth, touching your chest to the wall 5-10 more times.

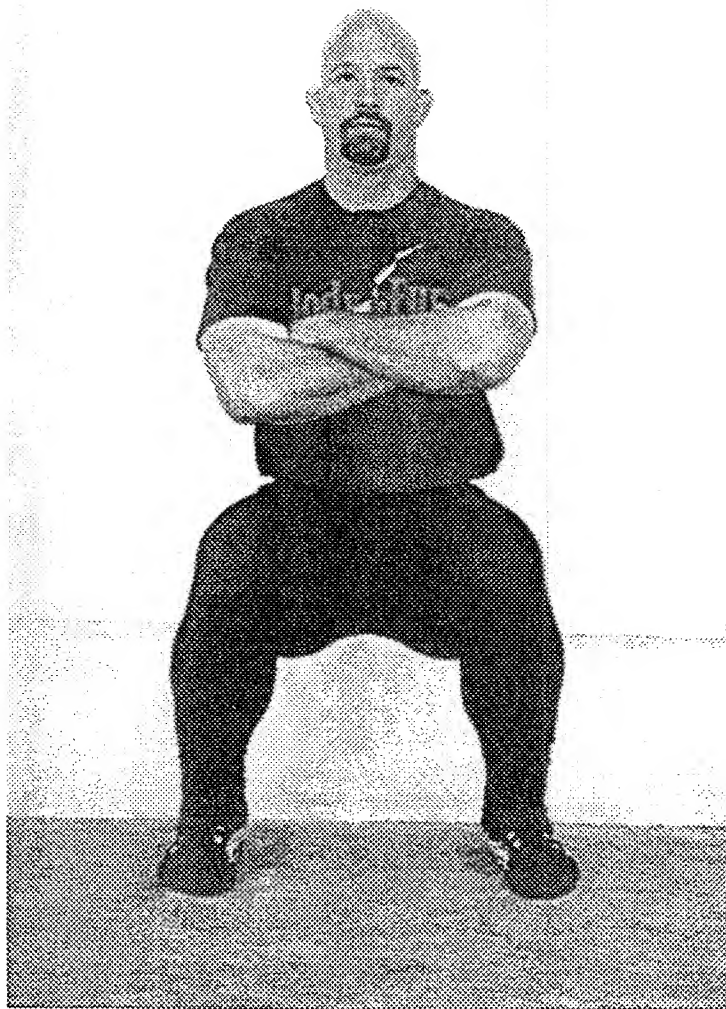
Note: After doing this exercise, be sure to stand and bend forward from the waist to stretch your spine in the other direction.



Wall Walking With Reverse Pushup

This exercise begins like Wall Walking, but once you reach the floor, you're going to get an upper body workout like you won't believe (especially your shoulders).

1. Stand with your back and heels flat against the wall.
2. Take two steps, heel to toe, until you are three steps from the wall.
3. From there, lean backward with your hands stretched above your head.
4. Slowly move your hands down the wall. Continue walking until the top of your head touches the floor.
5. Now put your palms flat on the floor.
6. Do a reverse pushup.
7. Hold this position, then walk back up the wall.
8. Breathe naturally as you do this exercise.
9. Do five to ten repetitions.

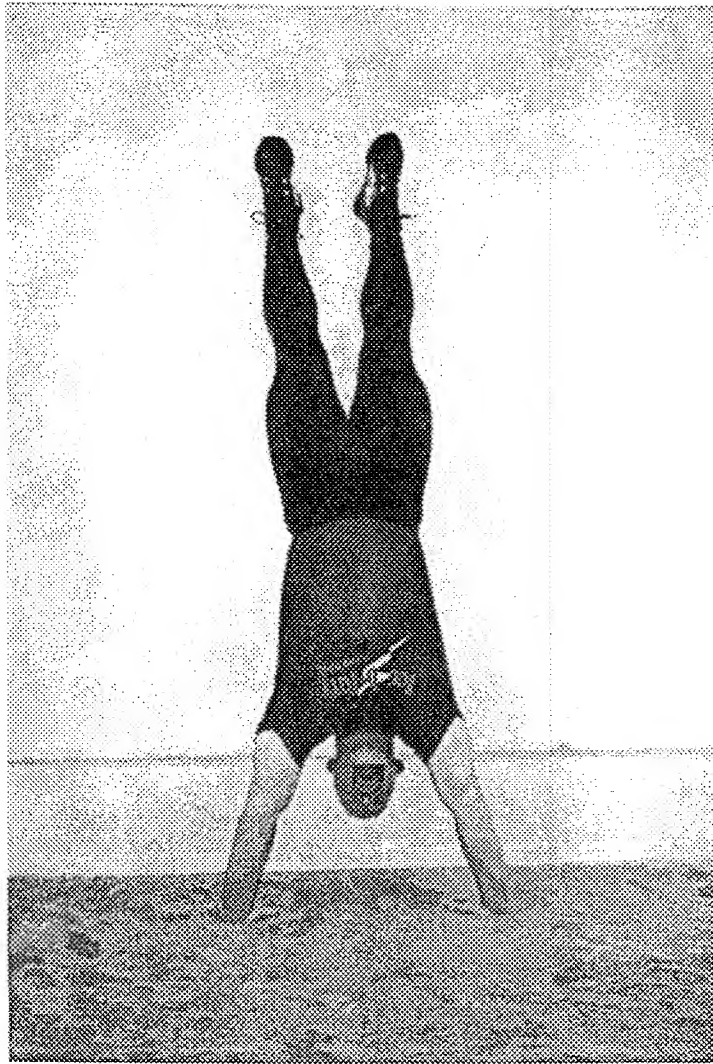


Wall Chair

This exercise is another great one for building strength in the legs. It is used to torture wrestlers at the end of a hard workout, but skiers use it as well. When doing this exercise, pay attention to your breathing. Keep your attention focused on a single point and hold as long as you can.

1. Place your back against a wall and sit like a chair with your feet shoulder-width apart.
2. Fold your arms across your chest.
3. Look straight ahead.
4. Relax and breathe deeply.
5. Hold for one minute.

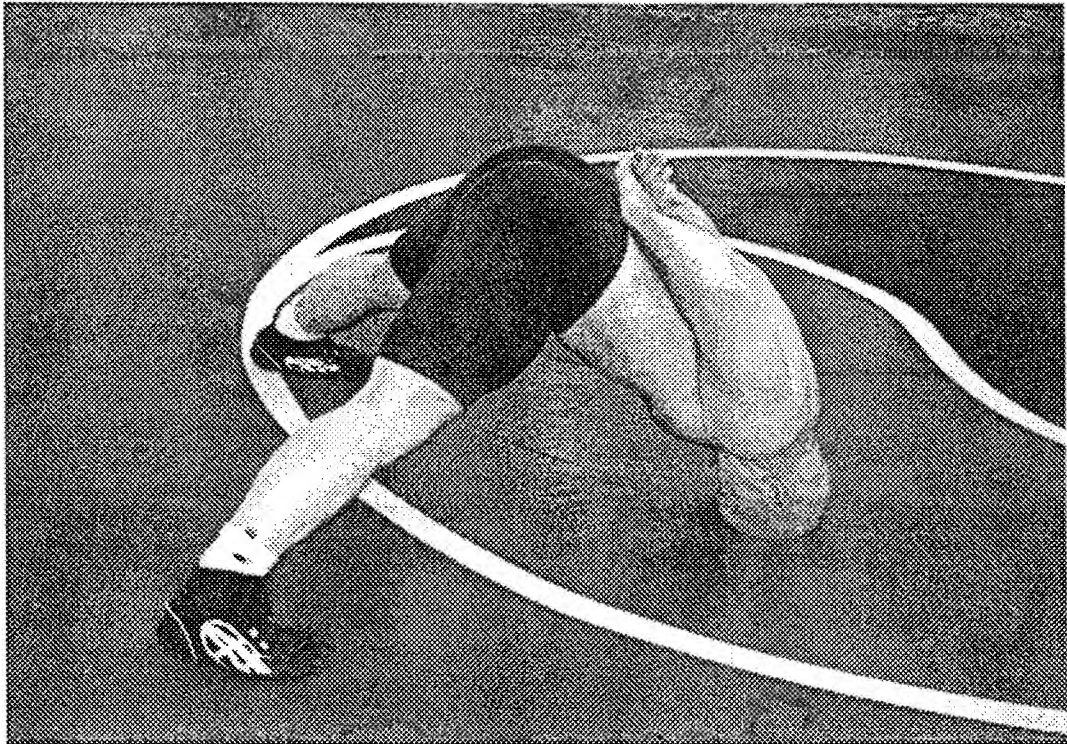
As you progress in this exercise you will be able to hold it for longer periods of time.



Stationary Hand Stand

Holding a hand stand is much harder than it looks. It builds tremendous upper body strength, especially in the shoulders. This exercise is also great for increasing blood flow to the brain.

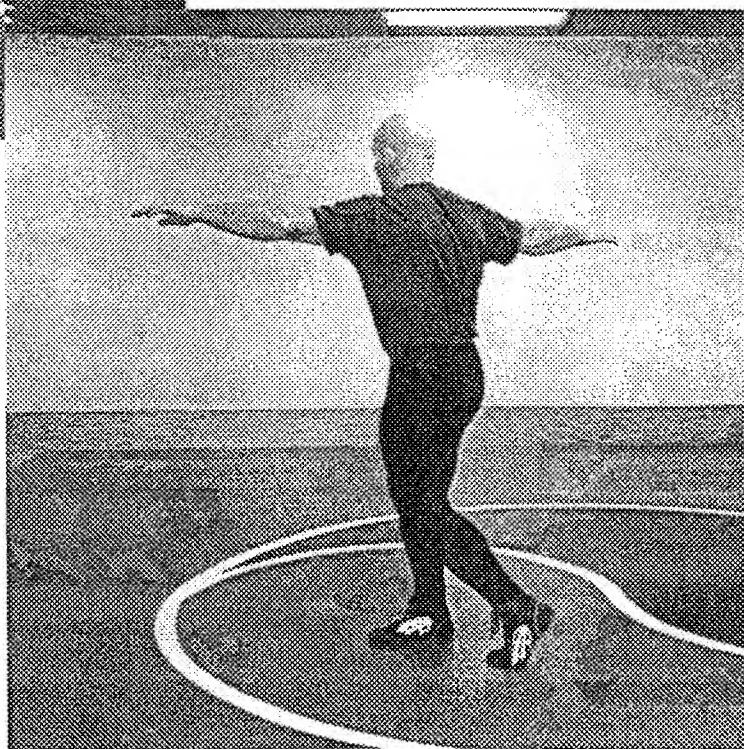
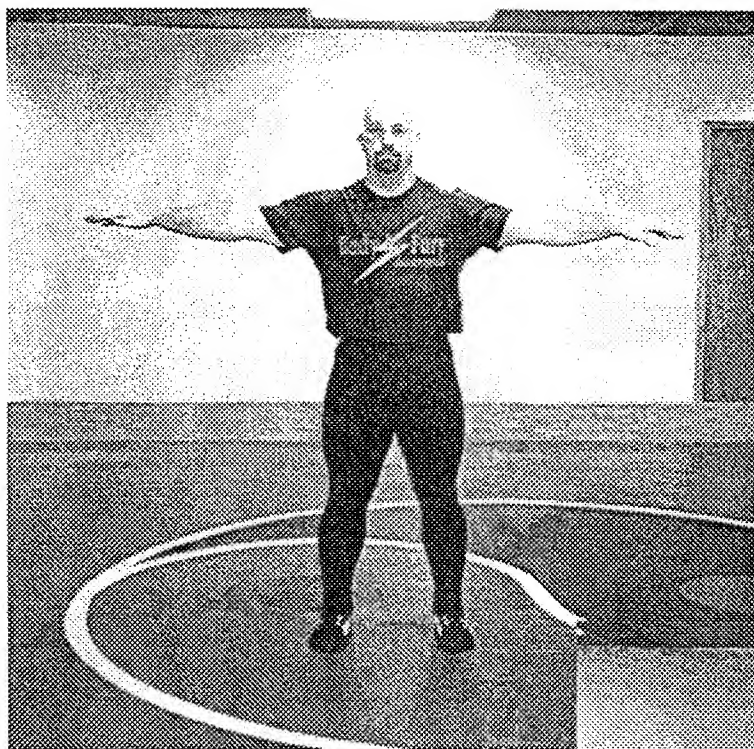
1. Place your palms flat on the floor, about a foot from the wall.
3. Kick one leg up, then the other, until you are holding a hand stand.
4. Stay in this position for as long as you can.
5. Breathe naturally and focus on the muscles in your shoulders and arms.
6. Come down slowly.



Front Bridge

After holding the back bridge and working on it for awhile, you'll want to spend some time in the front bridge to even things out.

1. Rest the top of your head on a soft mat. Your knees are off the ground and your hands are behind your back.
2. Tuck your chin until it touches the upper part of your chest.
3. Keep your feet flat on the floor, legs straight.
4. Breathe naturally and hold this position.
5. Go easy at first, but keep time. Eventually you'll want to be able to hold this bridge for three minutes.

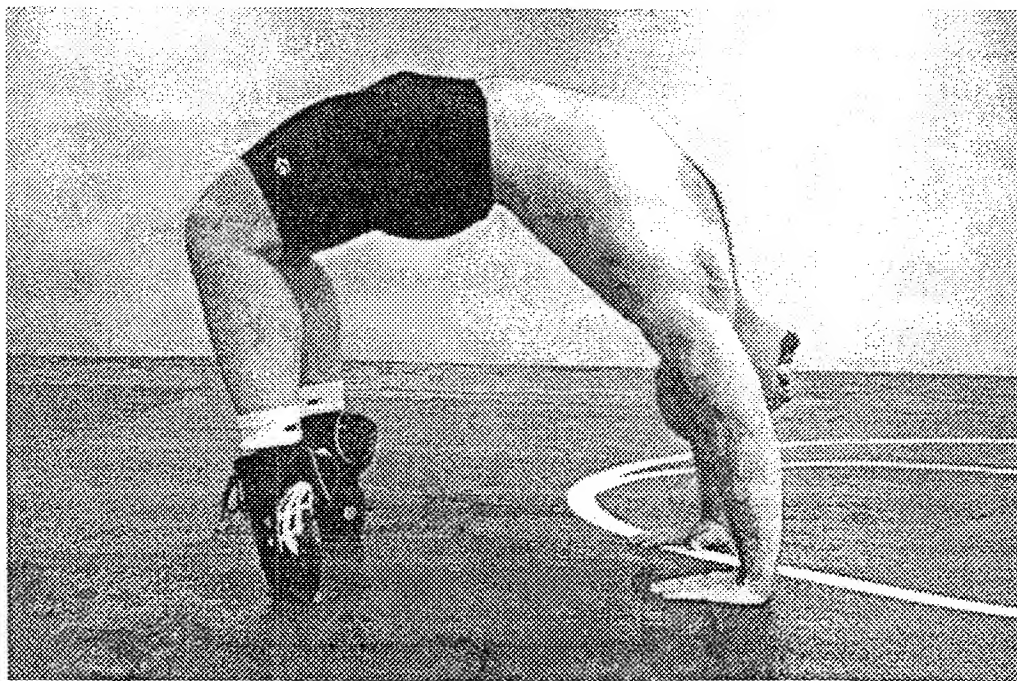
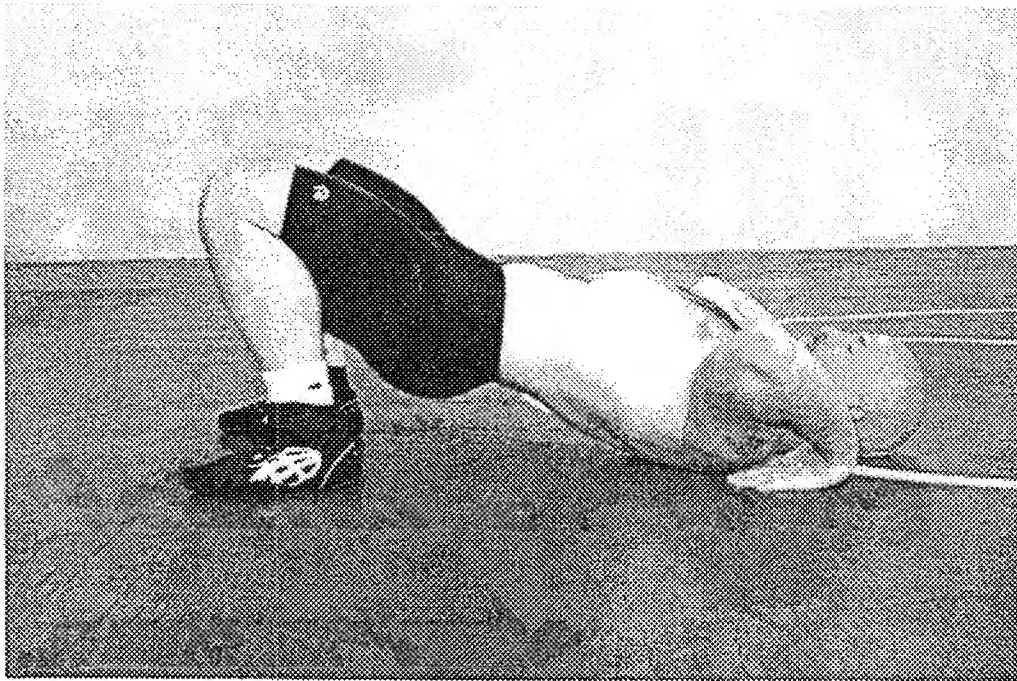


Whirling Dervish

— a Taoist exercise —

This exercise is a popular one in Iran and other Middle-Eastern countries where wrestling is the national sport. It is also an exercise recommended by Tibetan monks for increasing one's life span and for bringing all organs and energy centers of the body into a improved state of health. It increases energy and endurance and greatly improves your balance.

1. From a standing position, place your arms shoulder-high and stretch them outward with the palms facing down.
2. Pick a spot in front of yourself to focus on.
3. Pivot your feet slowly and spin your body clockwise. If you feel comfortable with this exercise, gradually add speed.
4. Do 10 to 25 repetitions, then stop and wait until the room stops spinning.
5. You can then spin counterclockwise if you'd like, but it isn't necessary.
6. Breathe naturally while performing this exercise.

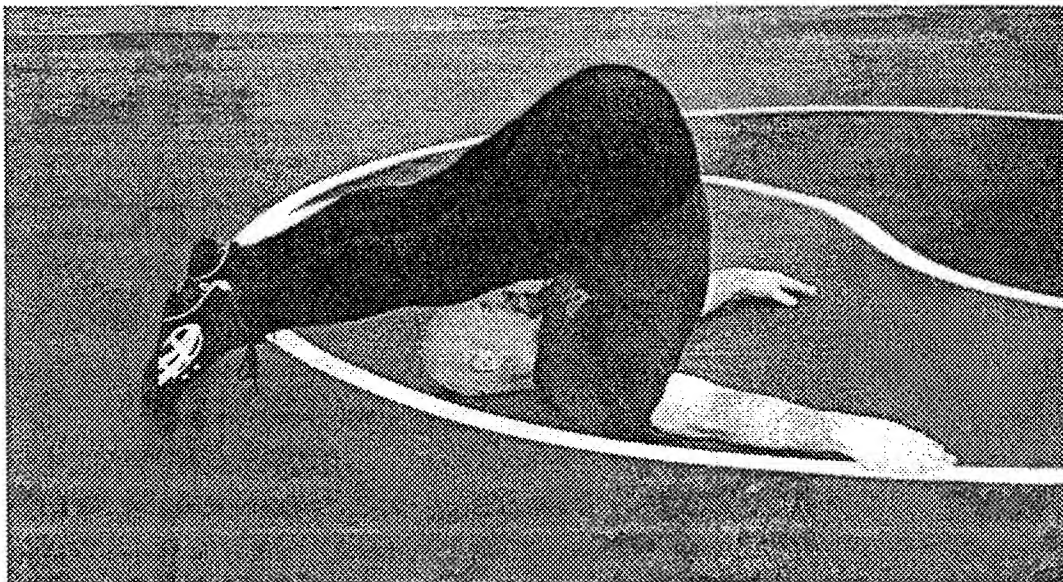
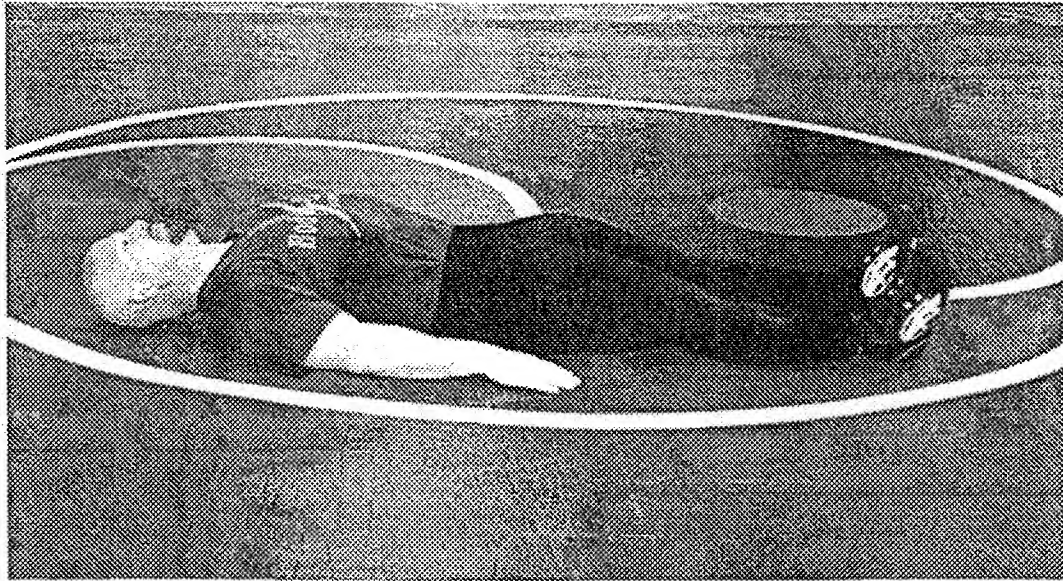


Reverse Pushups

(10-15 repetitions)

The reverse pushup is one of the best overall exercises you can do. It not only strengthens your back, shoulders and arms, but it promotes flexibility and suppleness throughout your entire upper body, especially the shoulders and spine.

1. Starting from your back with your knees bent and feet flat on the floor, place your hands next to the tops of your shoulders with your palms on the ground.
2. Push your body off the floor until your arms reach the locked position. The crown of your head should be facing the floor.
3. Push yourself forward. Make your body into a wheel by trying to get your chest even with your hands.
4. Slowly lower yourself, bringing your upper back and neck to the floor.
5. Do as many repetitions as possible.
6. Exhale at the top of the movement, inhale at the bottom.

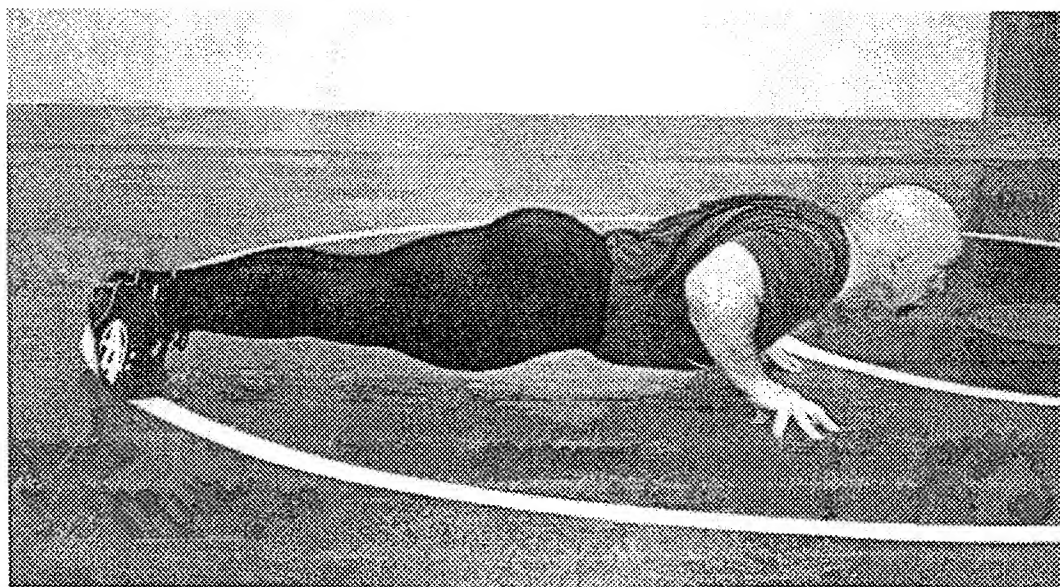
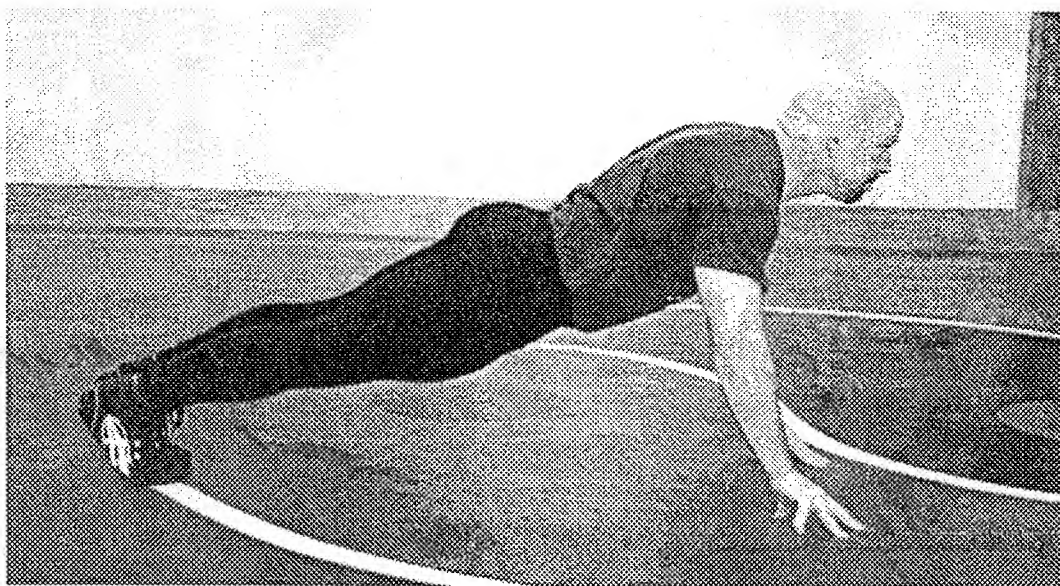


Leg Lifts Behind Head

Abdominal exercise

Leg lifts done in this manner are great for strengthening the abdominals, lower back and hip flexors. Each time you bring your feet behind your head, you are also stretching the spine, shoulders and upper back. This movement is also great for its effect upon the internal organs. All abdominal exercises help aid the body in the digestion and eliminative process.

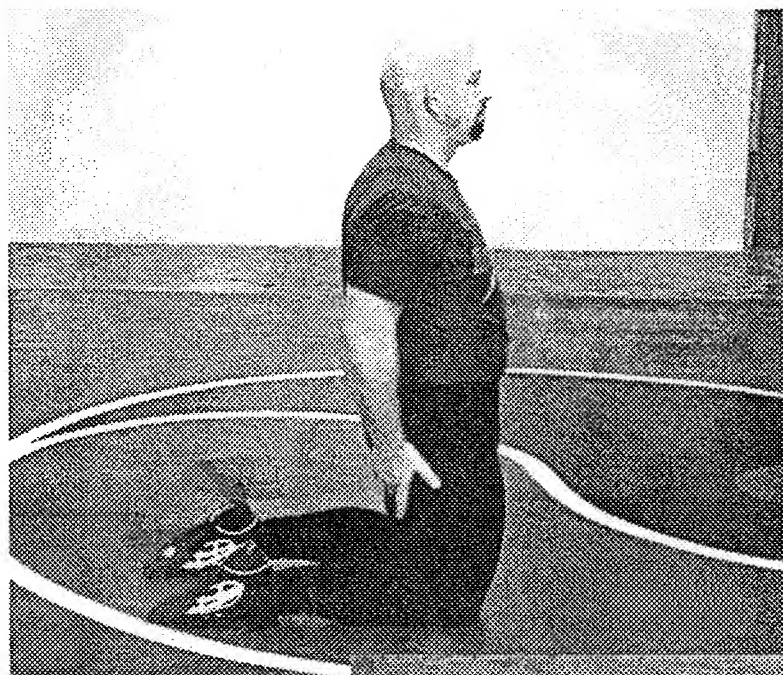
1. Lie on your back with your hands at your sides.
2. Lift your head until your chin is almost touching your chest.
3. Hold your head up while you lift your legs in the air.
4. Focus your attention on your abdominals.
5. Continue raising your legs until your toes touch behind your head.
6. Lower your legs back to the ground, letting them softly touch the floor.
7. Inhale up, exhale down.
8. Do as many repetitions as you can.



Fingertip Pushups

Fingertip pushups are great for developing the strength in your fingers and hands while also developing the chest, shoulders and arms. Once you get good at doing them on all your fingers, you increase resistance by reducing the number of fingers you use. When you can do a one-finger pushup, it'll be time for you to write a book on conditioning as well.

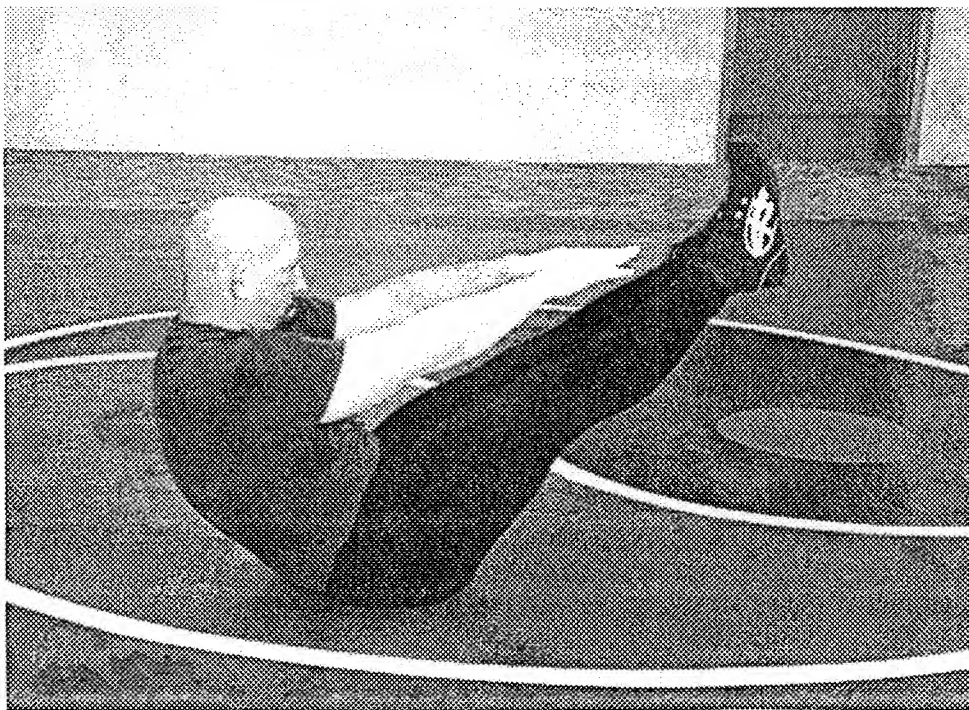
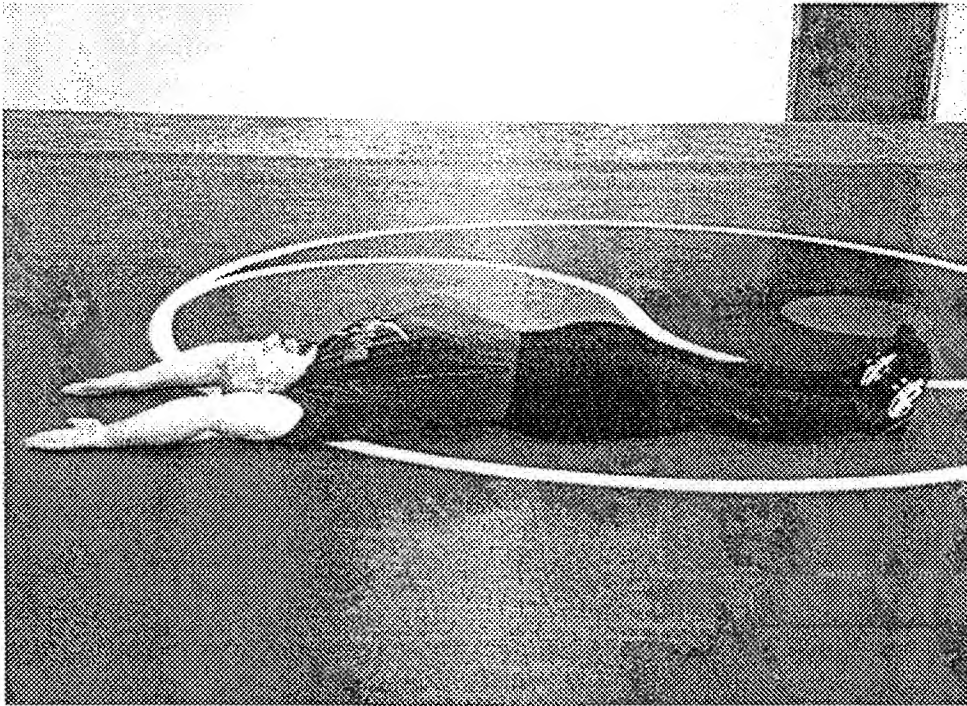
1. Start with your hands on the floor, shoulder-width apart.
2. Your feet are together.
3. Put all the weight of your upper body on the fingertips of both hands.
4. Lower your chest until you can touch the floor with it.
5. Push yourself back up.
6. Do as many repetitions as you can.
7. Inhale as you lower yourself. Exhale as you come back to the starting position.



Kneeling Back Bend

This exercise is tremendous for increasing flexibility and strength throughout your back and thighs. Your hip flexors and buttocks are strengthened as well. Additionally, in all back bend movements your abdominals get a great workout because they are contracted in order to help stabilize you. You can literally get all the abdominal training you need from an exercise like this.

1. Kneel on the floor with your palms resting on the back of your thighs.
2. Keep your back straight and your hips forward.
3. Let your head fall backward and gradually lower yourself toward the floor.
4. Go only as far as your body will allow. Do not force this movement.
5. Once you have reached the limit of your flexibility, return to the starting position.
6. As you return to the starting position, keep your back straight and your hips forward.
7. Inhale down, exhale up.
8. Shoot for 10 – 25 repetitions.



V-ups

www.fitnessmagazine.com

V-ups are great for exercising the upper and lower abdominals at the same time. They also train you in agility. Once again, the internal organs are massaged by this exercise, aiding in the digestion and eliminative process.

1. Lie down on your back with your legs straight and arms extended above your head.
2. Simultaneously raise your arms and legs in the air above your mid-section.
3. Touch your hands to your feet.
4. Lower your arms and legs back to the floor. Do not let your feet touch the ground.
5. Repeat until you cannot do anymore repetitions.
6. Inhale up, exhale down.

NOTE: If you feel pain in your neck or lower back when doing this exercise, it means you are weak in those areas. Do not run out to the local fitness equipment store and invest in an abdominal gadget that allows you to rest the back of your head on a cushion. If a muscle is weak, you don't ignore it or give it a rest - you train it.

For those of you with severe neck or back pain, see a physician who isn't out on the golf course, or a chiropractor who will give you more than two minutes of his time.

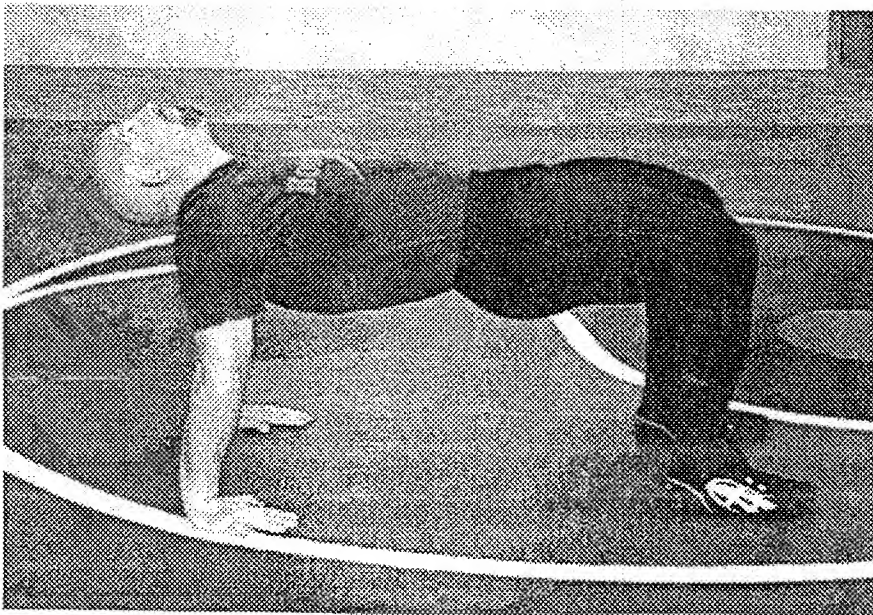
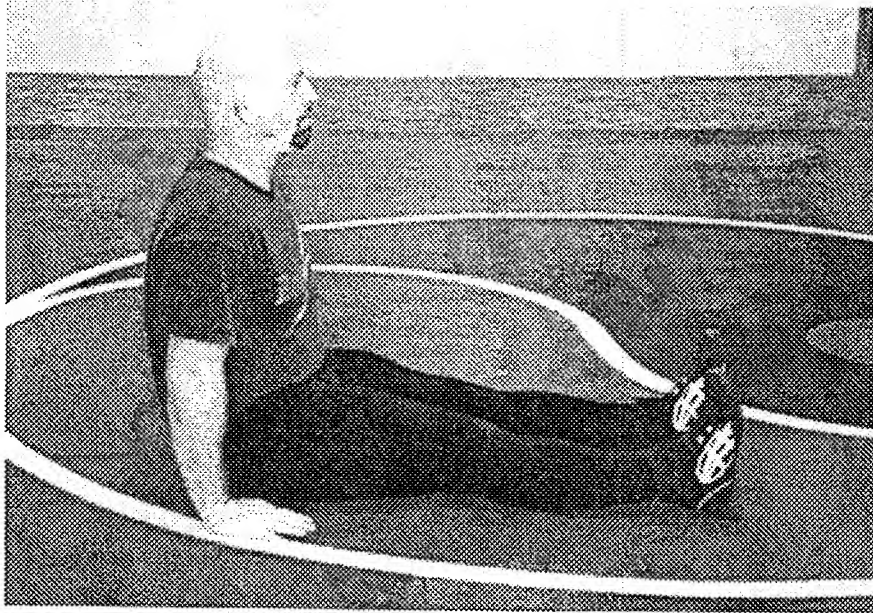
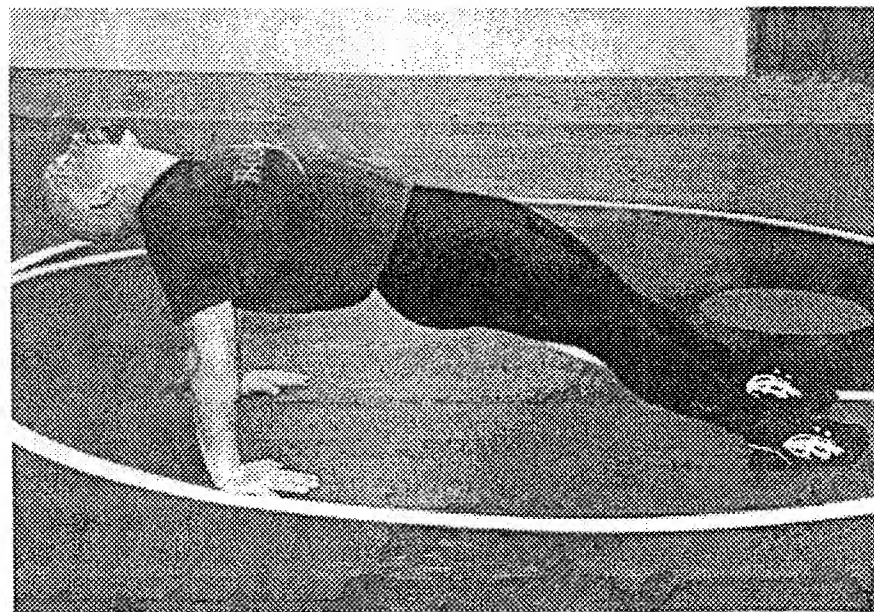
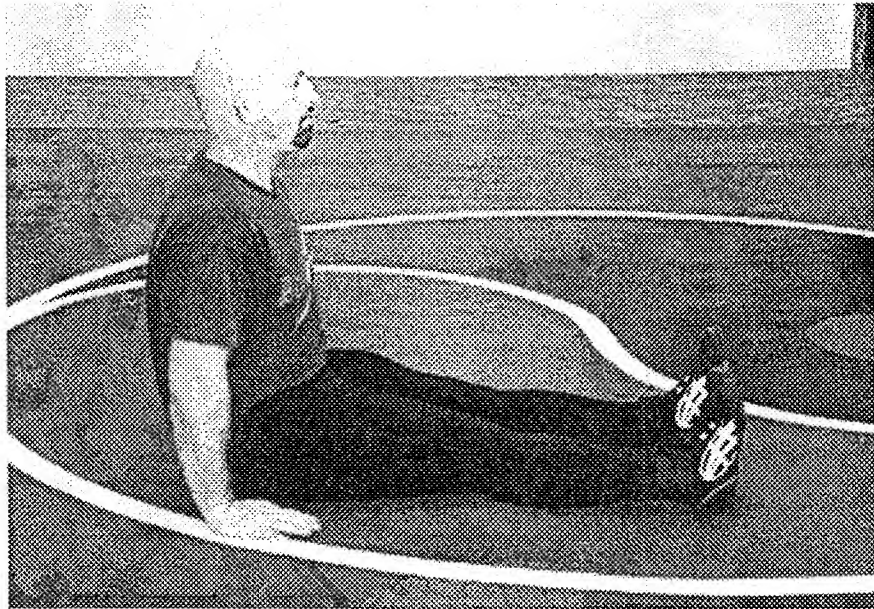


Table Maker

This exercise is great for increasing strength in the upper and lower back, triceps, shoulders, hip and buttocks. It also promotes greater flexibility in the spine.

1. Sit on the floor with your legs straight and your hands palm down at your sides.
2. Push your body forward until the soles of your feet are flat on the ground. At the same time arch your hips and back and let your head fall backward.
3. Squeeze your buttocks tightly and push the soles of your feet into the ground.
4. Straighten your back as much as you can.
5. Hold this position for a count of 10, then return to the floor.
6. Do 10-20 repetitions of this exercise.
7. Inhale up, exhale down.

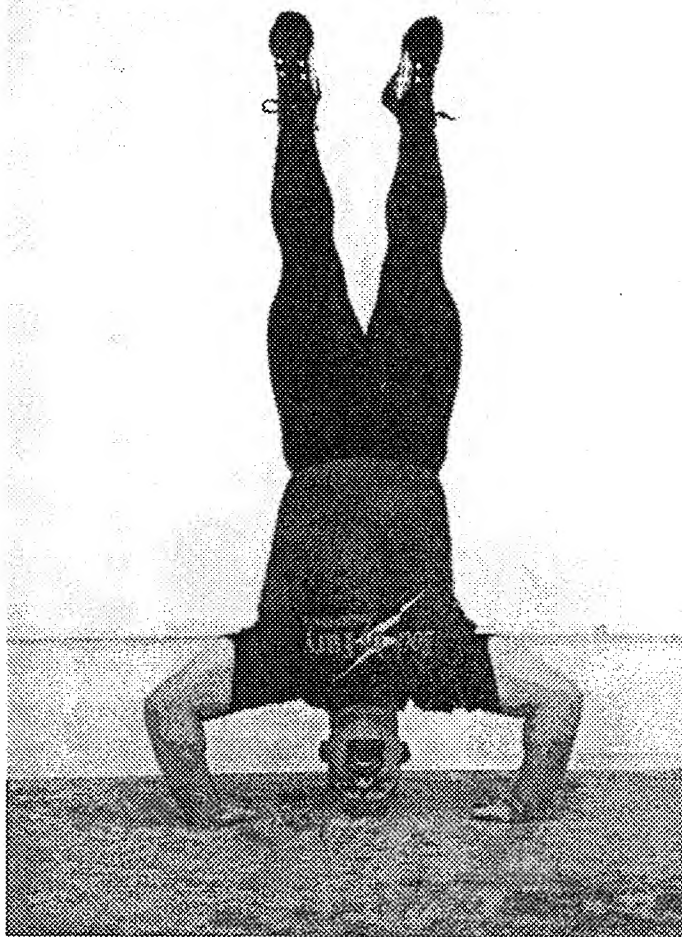


The Stretcher

Photo by Jeffery M. Brown

This exercise is a variation of the Tablemaker. It is also great for increasing strength in the upper and lower back, triceps, shoulders, hip and buttocks. It is more difficult than the Tablemaker and promotes greater strength and flexibility in the lower back and hips.

1. Sit on the floor with your legs straight and your hands palm down at your sides.
2. Push your body forward until the soles of your feet are flat on the ground and your legs are straight. At the same time arch your hips and back and let your head fall backward.
3. Squeeze your buttocks tightly and push the soles of your feet into the ground.
4. Straighten your back as much as you can.
5. Hold this position for a count or so, then return to the floor.
6. Do 10-20 repetitions of this exercise.
7. Inhale up, exhale down.



Handstand Pushups

The handstand pushup is an exercise that builds shoulder, back and arm strength. Anyone who wants to get a lot stronger should do a lot of these. When you are doing this exercise with ease, you're getting an idea of what it is like to handle your own bodyweight from all directions and angles.

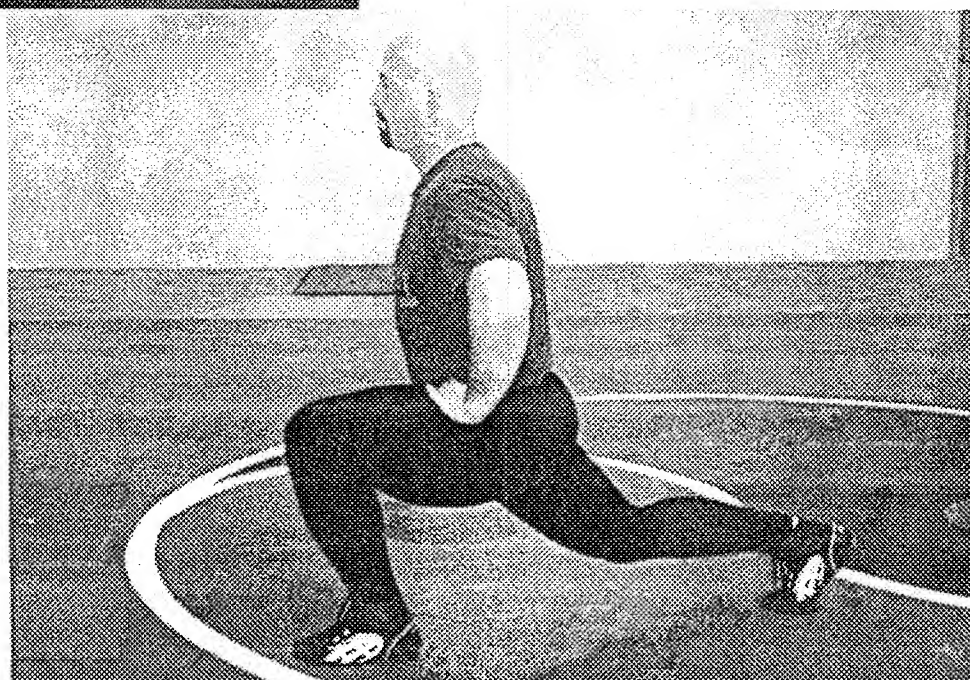
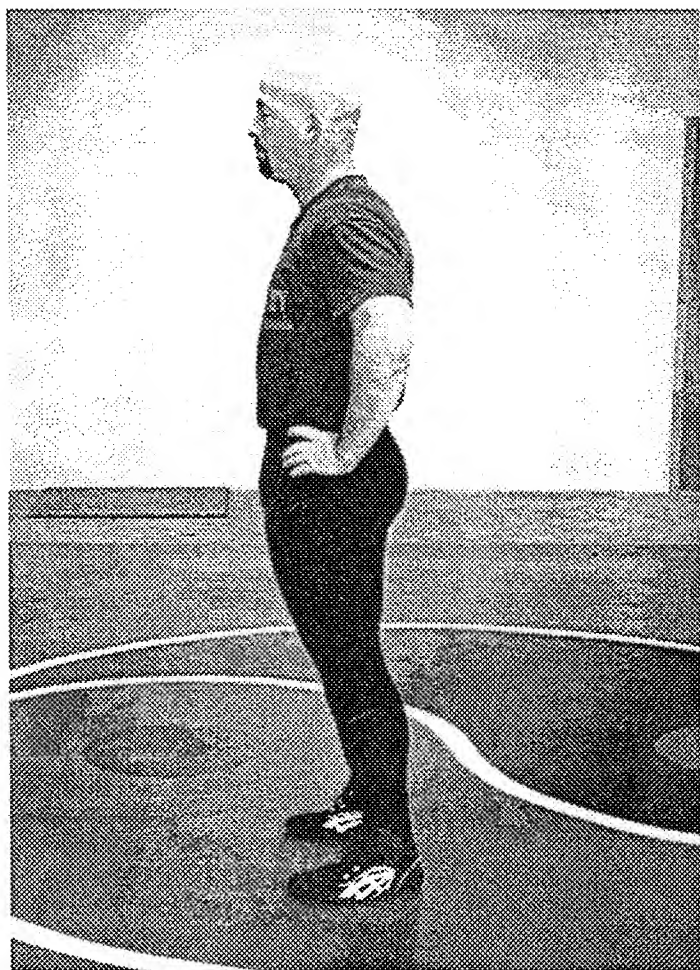
1. Put your hands on the floor, about shoulder-width apart.
2. Making sure no windows are in front or behind you, kick up until your legs are balanced along the wall. Your knees are bent and your weight is resting on your palms. Your back is now to the wall.
3. From this position, lower yourself until your head touches the floor, then push straight up and lock out your arms. Exhale.
4. Do as many as you can, which at first, may be a big fat ZERO. If you can't do one yet, make it an isometric movement and push and push and push until your muscles have had enough.
5. When you can do 10-straight repetitions you're making good progress.



Side Bends

Side bends are great for strengthening the side of your waist (obliques). Part of **Combat Conditioning** is gaining flexibility and strength in all directions; sideways is no exception.

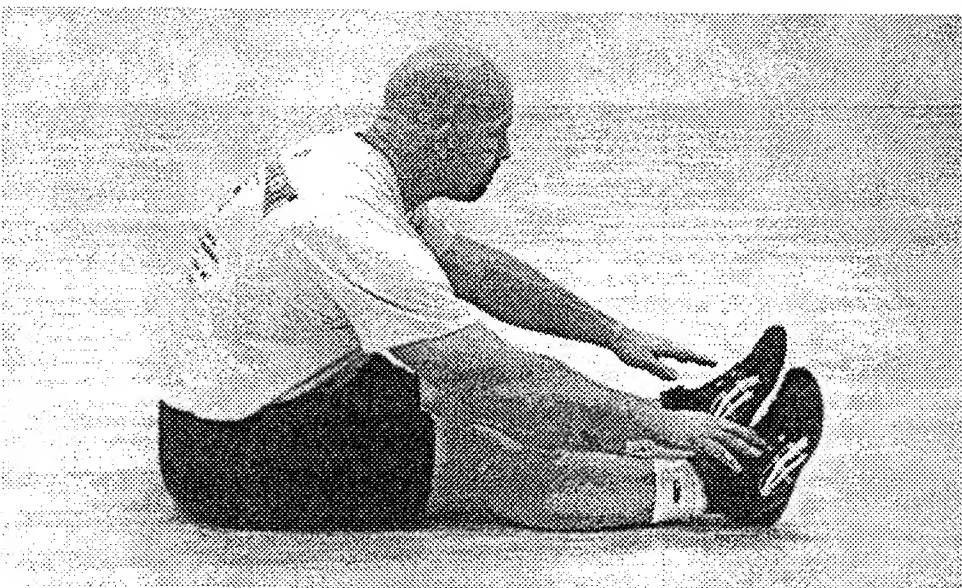
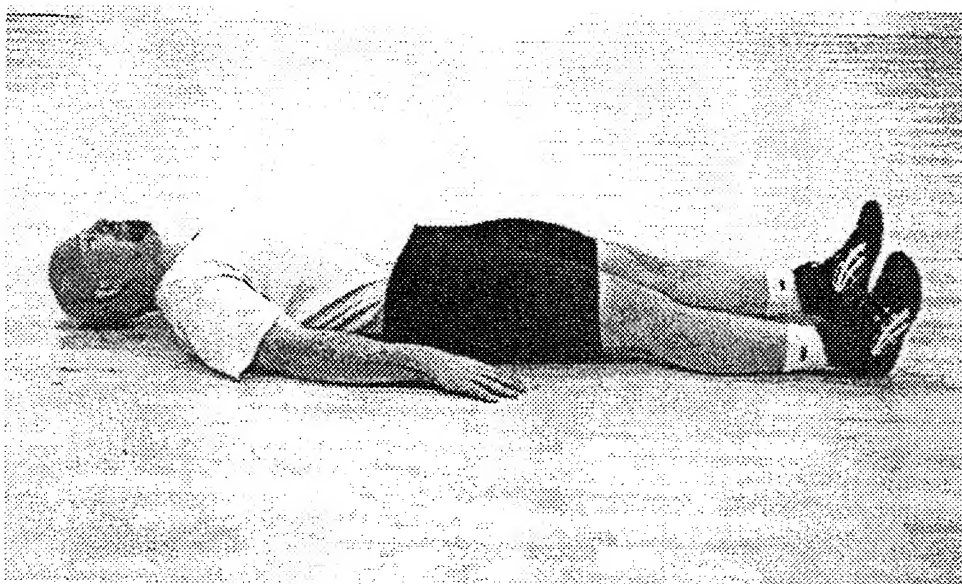
1. Stand with your feet shoulder-width apart.
2. Raise your left arm in the air so that the biceps is almost touching your ear.
3. Bend to your right as far as you can. Once you have reached the extreme stretch of this movement, then move back and forth a couple inches, repeating the final phase of the movement 50-100 times.
4. Switch sides and repeat.
5. Breathe naturally throughout this movement.



Jumping Lunges

Like Hindu squats, jumping lunges build explosive strength and muscular endurance in the lower body and a ton of lung power as well. Whenever you think your workout is getting too easy, add some jumping lunges and you'll quickly change your mind.

1. Stand with your feet shoulder-width apart. Hands on hips.
2. Jump forward and lunge downward with your left leg. Make sure your knee doesn't touch the floor. Jump back to the starting position.
3. Switch legs and repeat the same movement.
4. Repeat this movement over and over, adding speed whenever possible.
5. Inhale down, exhale up.
6. Do as many repetitions as possible.

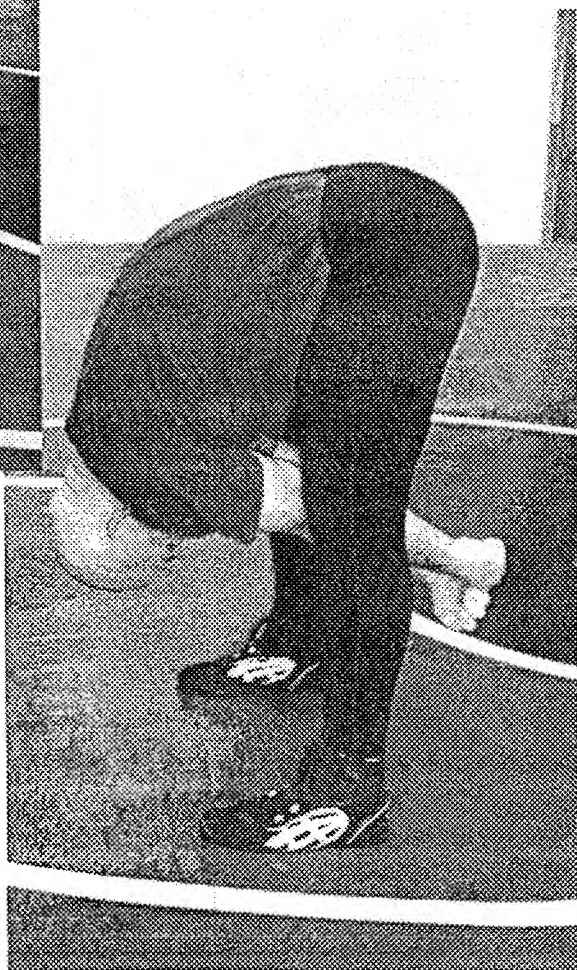


No Momentum Sit-ups

Source: <http://www.101fitness.com>

One of the reasons why I like doing sit-ups this way is because you can't pull on your head or neck to cheat yourself up. Also, when done this way you literally feel how much momentum you used to use to do a sit-up. This method gives you a real test for the strength of your midsection. It strengthens the abdominals, lower back and hip flexors.

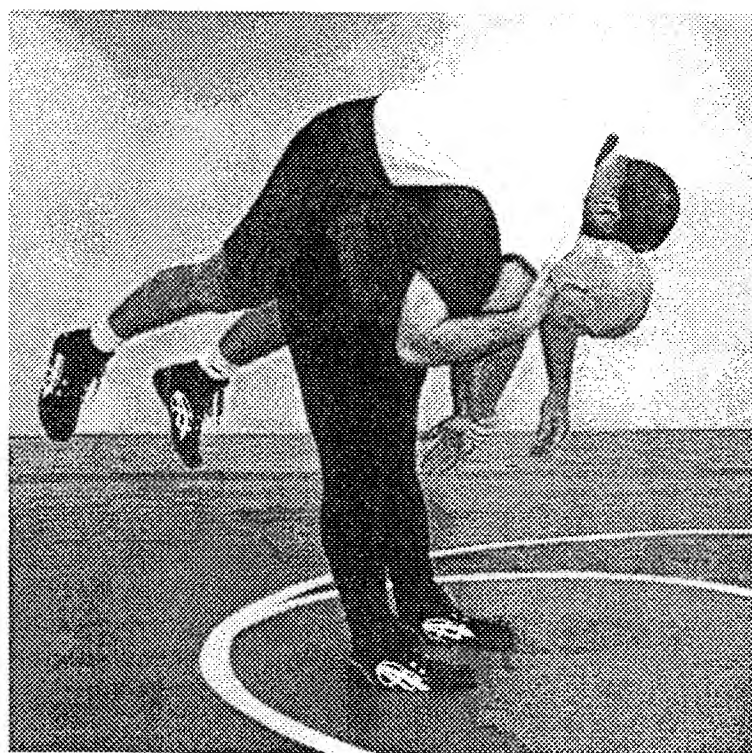
1. Lie on the floor with straight legs. Your hands are at your side, palms flat.
2. Without letting your heels or legs to come off the floor, use your abdominal muscles to sit up.
3. Come all the way up until your torso is perpendicular to the floor.
4. Return to start and repeat as many times as possible.
5. Inhale up, exhale down.



Bowing

This exercise comes from the oldest style of kung fu known to man. It happens to be a grappling art, and this movement will get you huffing and puffing in a hurry, as it requires full body explosiveness. It is much more than bowing; it is more like using a sledge hammer.

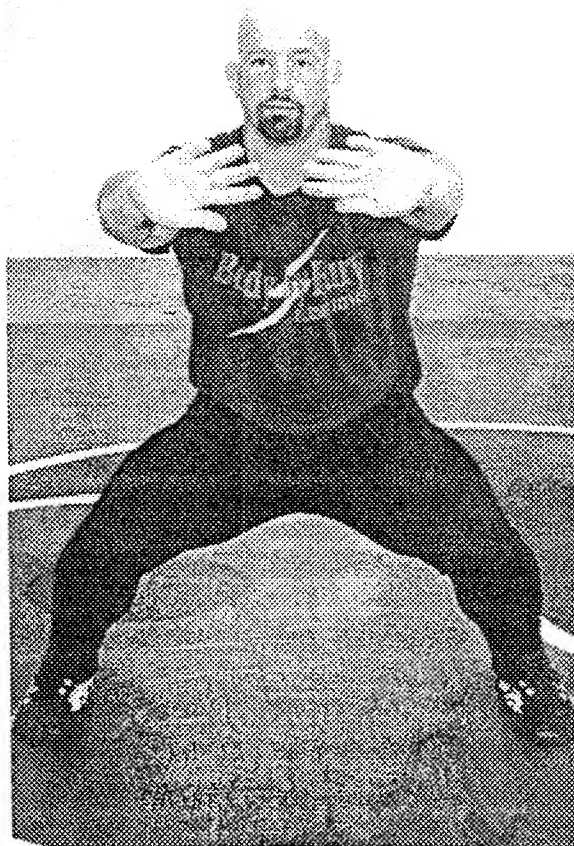
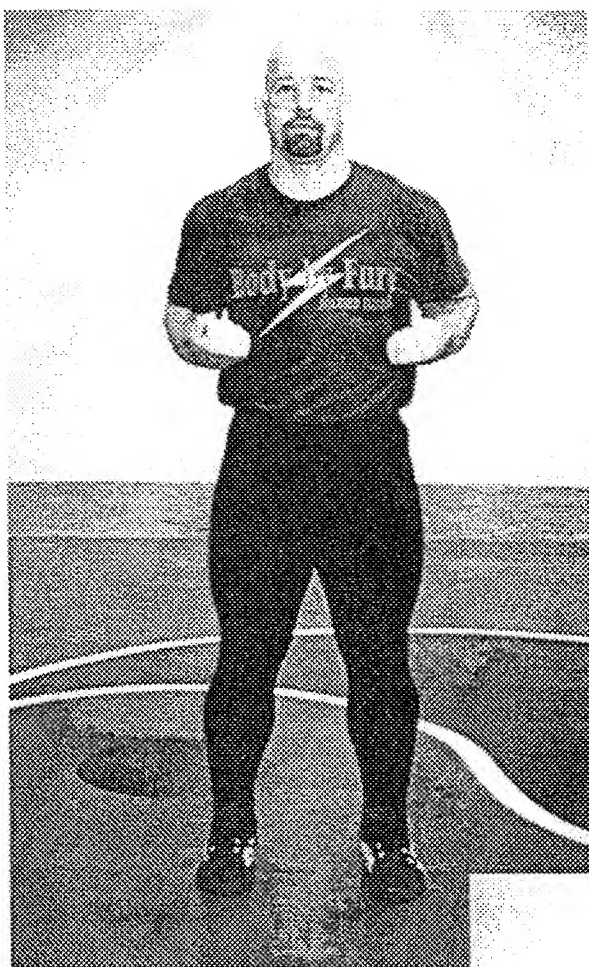
1. Stand with feet about shoulder-width apart.
2. Bend your knees and lower your buttocks to a position just above the wall chair position.
3. Make fists with your hands and place them above your head. One hand is above the other.
4. Focus on your abdominals. Imagine you have a sledge hammer in your hands and you're going to drive it into the concrete.
5. Throw your hands forward and downward while straightening your legs and sliding backwards on the soles of your feet.
6. Exhale down, inhale up.
7. Do 10-20 repetitions.



Bowing With Partner

Here's another good way to practice lifting another human being. It works your abdominals, lower back and legs.

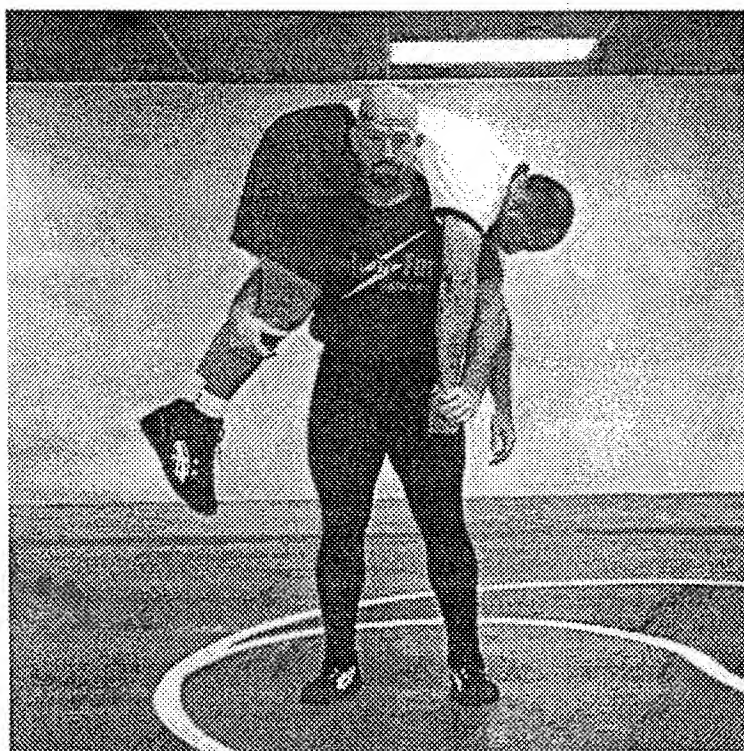
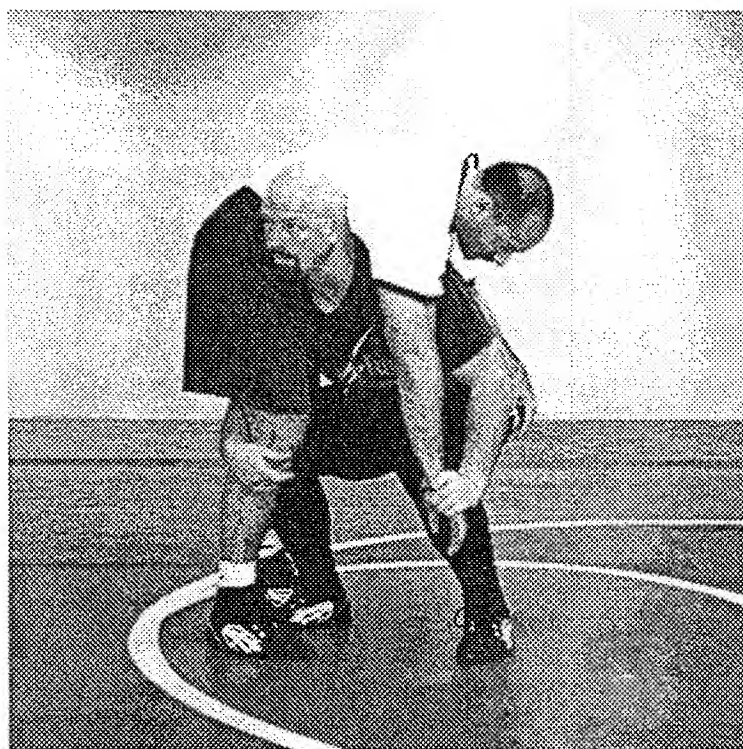
1. Turn your back to your partner.
2. Allow him to drape his right arm over your shoulder.
3. Grab hold of his wrist with your left hand, then grab his shoulder with your right.
4. With a straight back and slightly bent knees, bow forward from the midsection while straightening your legs.
5. As you bow, focus on making your abdominals do the work.
6. Really pull and feel your abdominal muscles contract. Raise and lower your opponent ten times on each side.
7. Inhale at the bottom of the lift, exhale at the top.



Pushing

This exercise also comes from Shuai-chiao, the oldest style of kung fu known to man. It is similar to jumping jacks, but done with arms pushed out to the front rather than swung overhead. It is great for developing lung power as well as strengthening the legs and upper body.

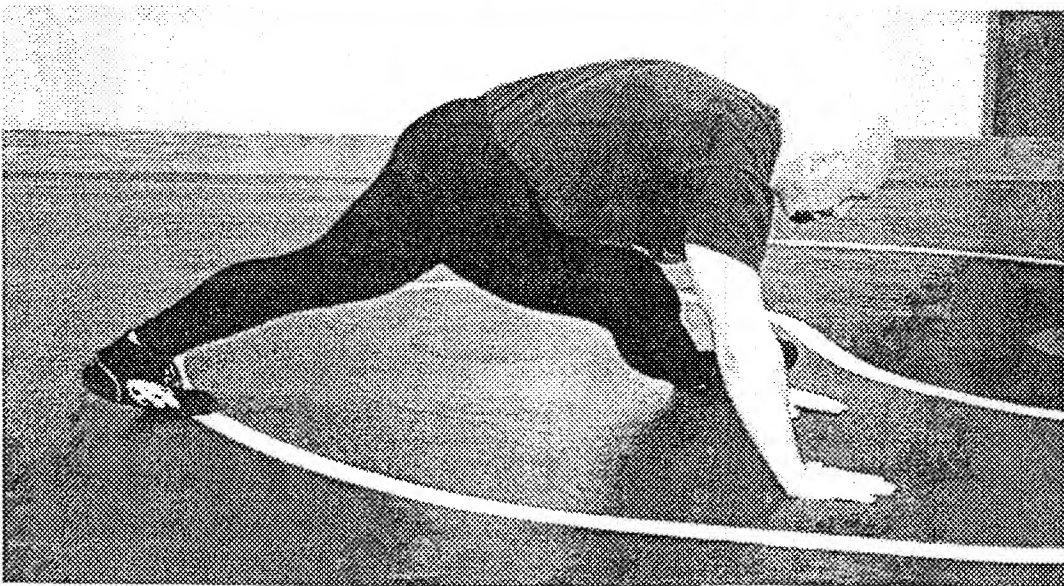
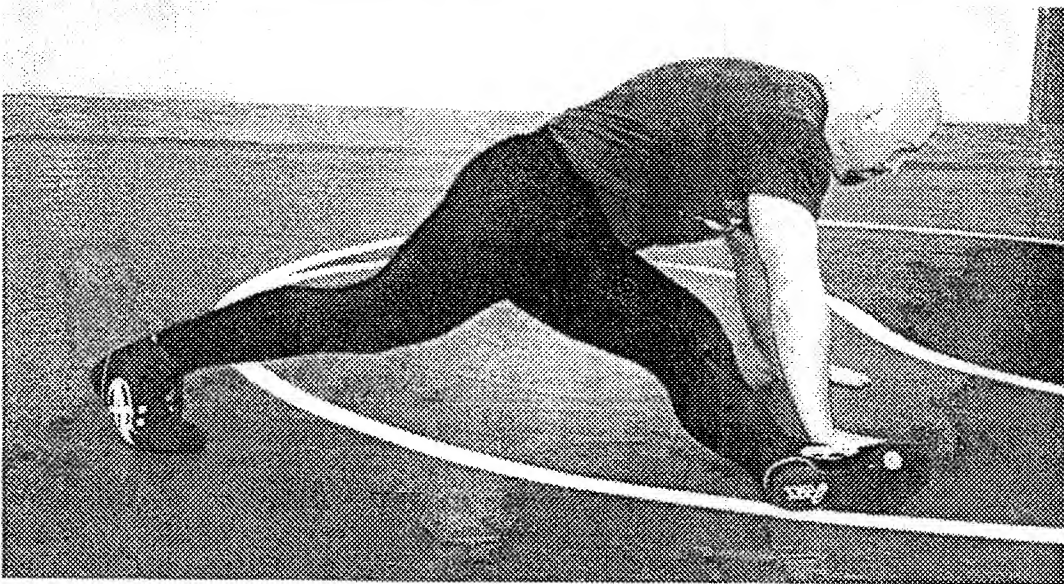
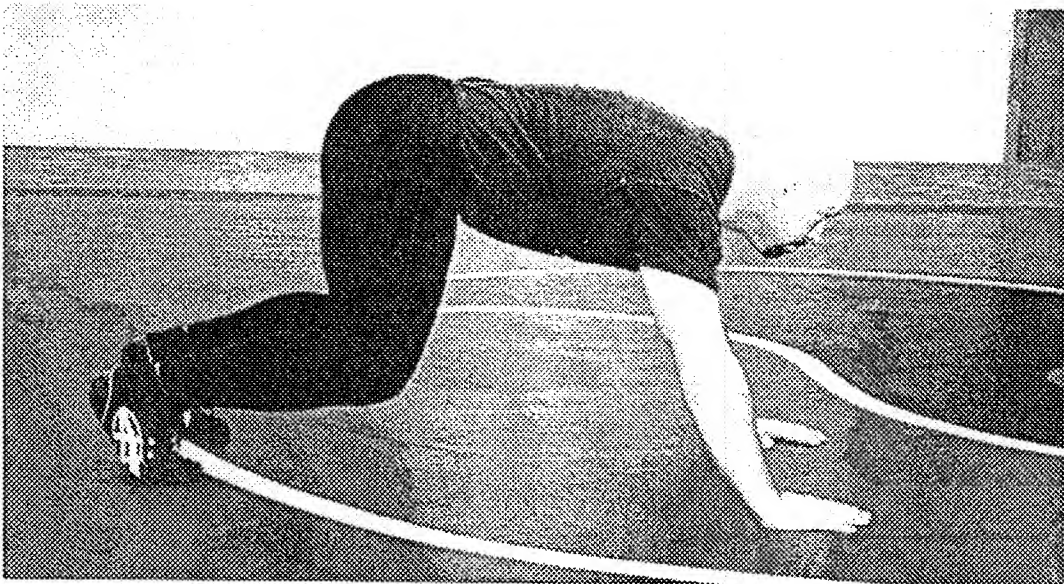
1. Stand with feet together and fists pulled back to your hips.
2. Jump into the squat position while your palms come straight out and push forward.
3. Now jump back to the starting position with your fists at your hips again.
4. Inhale when you jump out, exhale when you return.
5. Do 50 or more repetitions of this exercise.



Fireman's Carry With Partner

When you work on lifting the weight of another human being, you'll quickly discover how confined you are with weight training exercises. And talk about functional strength! This is a movement that is used to save people's lives. It develops full body strength and gets you breathing hard mighty fast.

1. Grab your partner by the wrist or by the back of the elbow.
2. Squat beneath him and pull his arm over your shoulder. Your head is between his arm and upper back.
3. From this position, push upward while pulling vigorously on his arm.
4. Keep your back straight.
5. Lower and repeat ten times on each side.
6. Exhale at the top of the lift, inhale at the bottom.

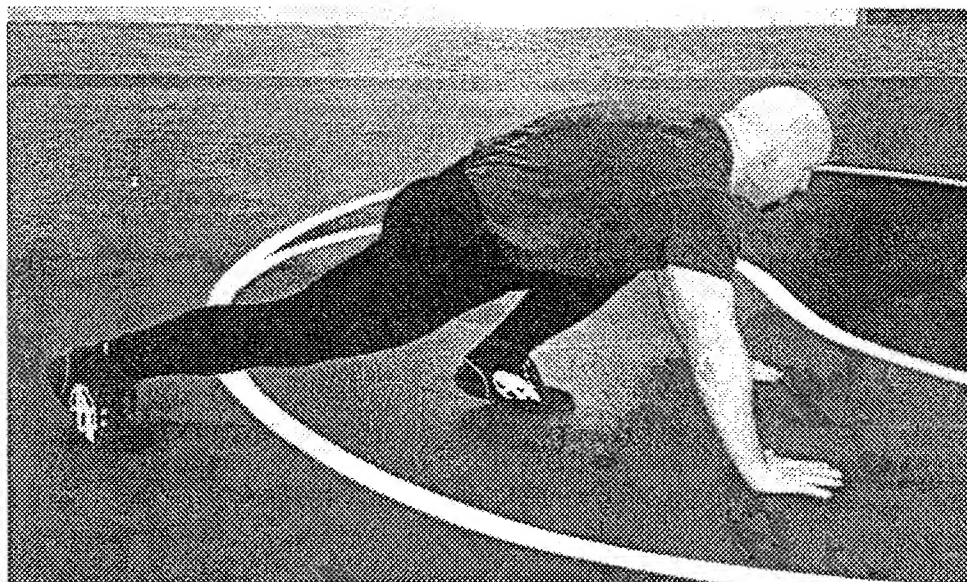


Grass Hoppers

1 minute

This exercise is a great for developing lung power while conditioning your abdominals, hips and thighs. One minute of this will get your attention.

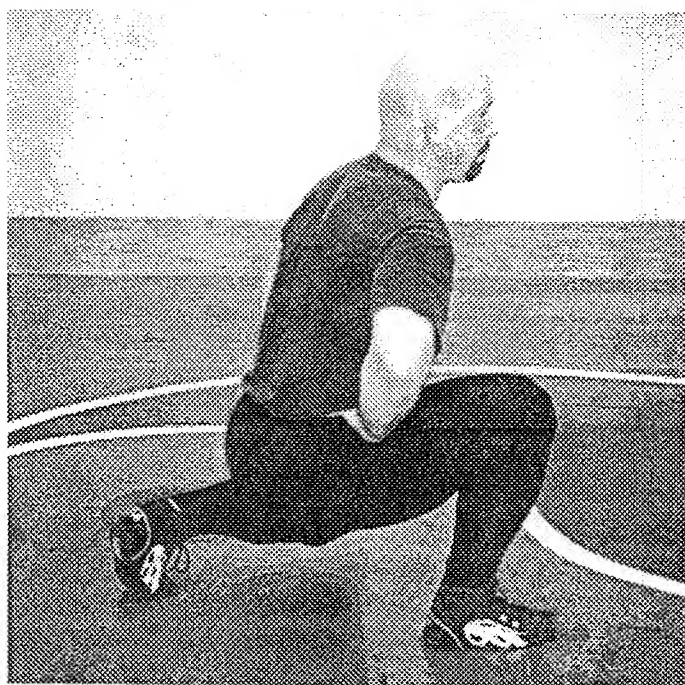
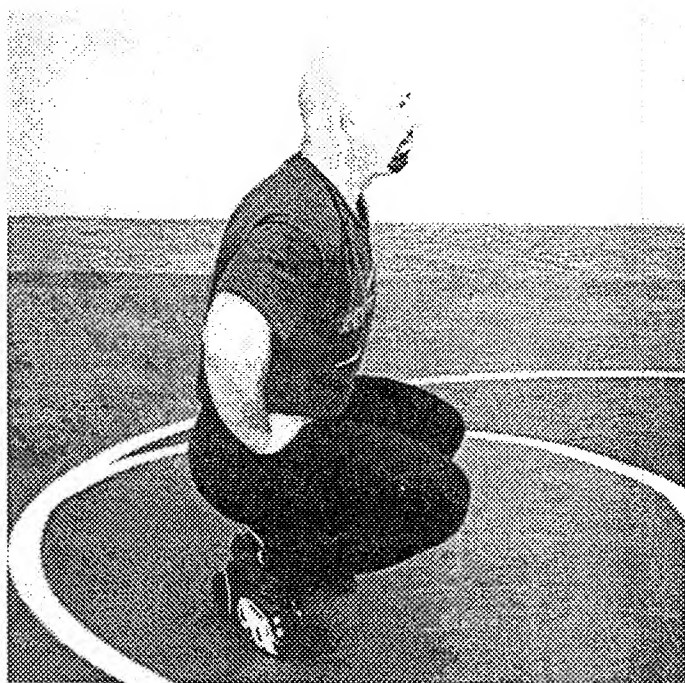
1. Beginning position is on all fours.
2. While keeping your hands on the floor, slightly lift your right leg and slide it under your chest until it touches by your left hand.
3. Without missing a beat, reverse directions and slide your left leg over to your right hand.
4. Do 25-100 repetitions of this exercise.
5. Breathe naturally.



Mountain Climbers

This is the only time you'll "climb a mountain" on all fours, and like grasshoppers, this exercise is great for developing lung power and stamina. It works the thighs, buttocks, hips and abdominals.

1. Beginning position is on all fours.
2. While keeping your hands on the floor, lift your right foot and run straight forward with it until your knee is well under your chest.
3. Without missing a beat, reverse legs. Continue on without stopping.
4. Do 25-100 repetitions of this exercise.
5. Breathe naturally.

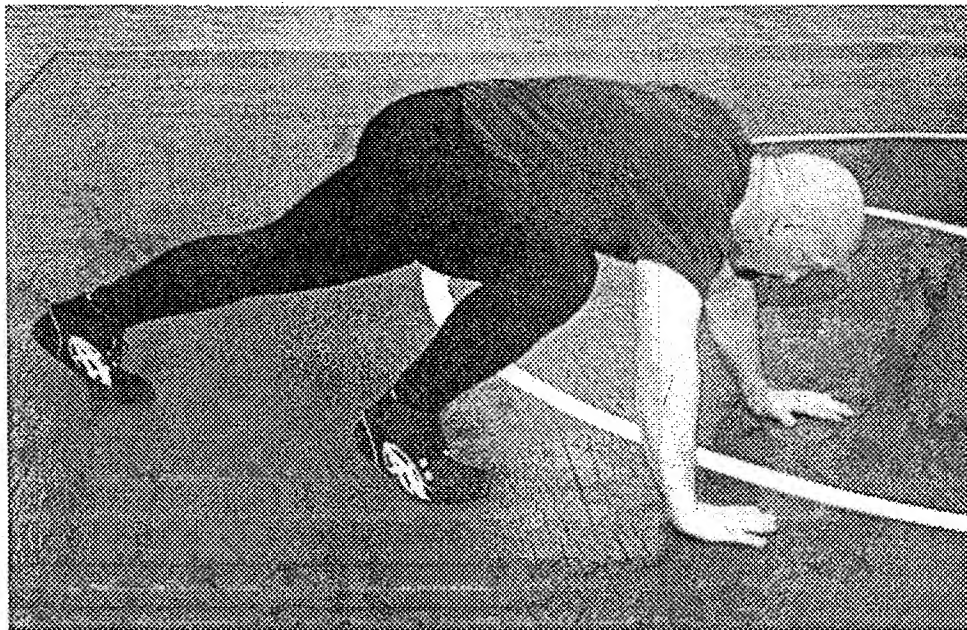
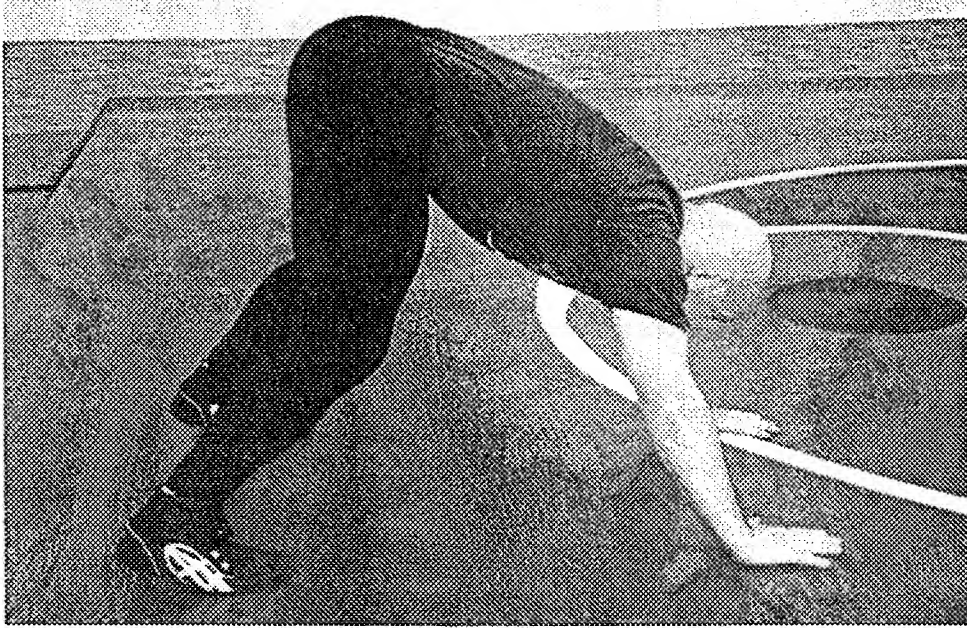


Duck Waddle

Eric Heiden, a speed skater who won five gold medals in the 1980 Winter Olympics, was a big believer in this exercise. It builds strength throughout the thighs and hips.

1. Assume the squatting position with your hands behind your back.
2. Step forward with your left foot, then your right.
3. Keep walking in this manner until fatigued.
4. Breathe naturally.

To add resistance you can do this exercise up hill.

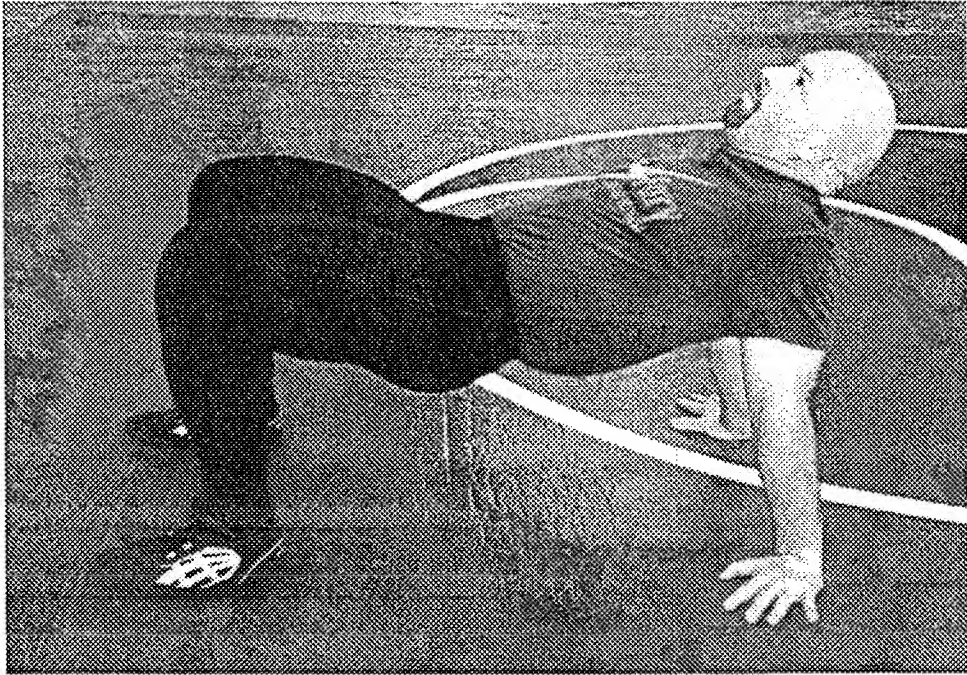


Bear Crawling

for weight loss and fitness

Bear crawling is an amazing exercise that develops strength and mobility throughout all the limbs. At the same time, you cannot do this exercise without getting out of breath. This makes it a great developer of lung power.

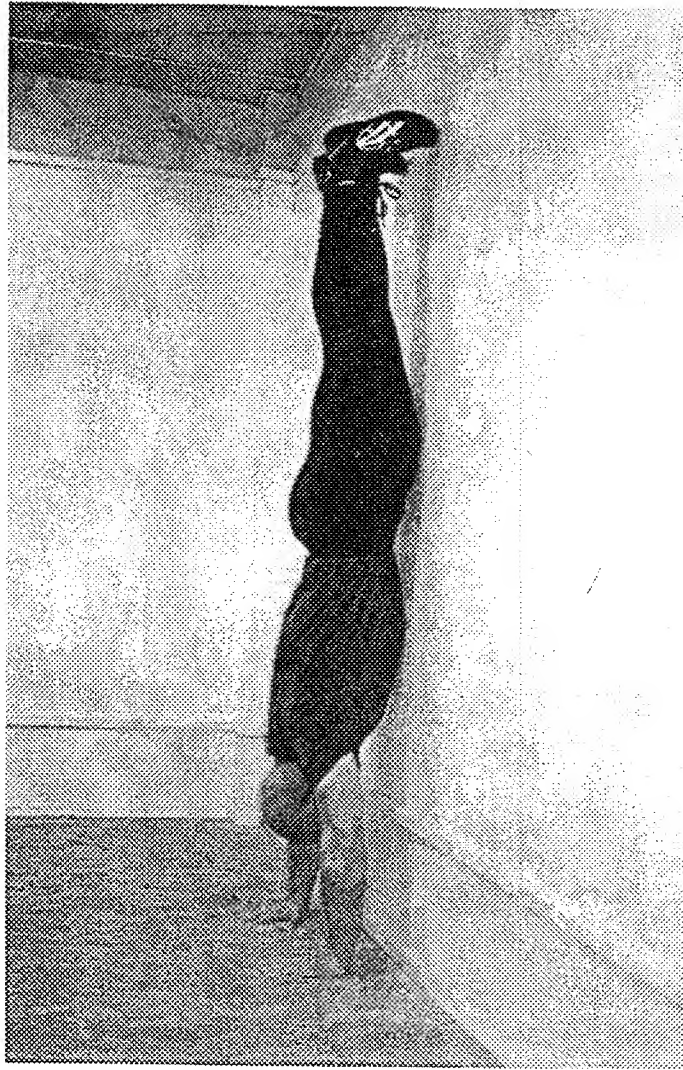
1. Find a place with a lot of room, be it a field of grass or a large padded room.
2. Place all your weight on the palms of your hands and the soles of your feet.
3. Now step forward with your hands and feet and run like a bear.
4. Breathe naturally as you run.
5. Continue until fatigued.
6. Rest and repeat.



Crab Walking

Like bear crawling, crab walking is one of the best exercises you can do for overall body conditioning. It works all the limbs and develops lung power. Because you are upside down while doing this exercise, it also works the hips, spine and back a great deal.

1. Find a place with a lot of room, be it a field of grass or a large padded room.
2. Sit on your butt, then place all your weight on the palms of your hands and the soles of your feet.
3. Elevate your body so that only your hands and feet touch the ground. Now move forward with your hands and feet.
4. Breathe naturally as you move.
5. Continue until fatigued.
6. Rest and repeat.

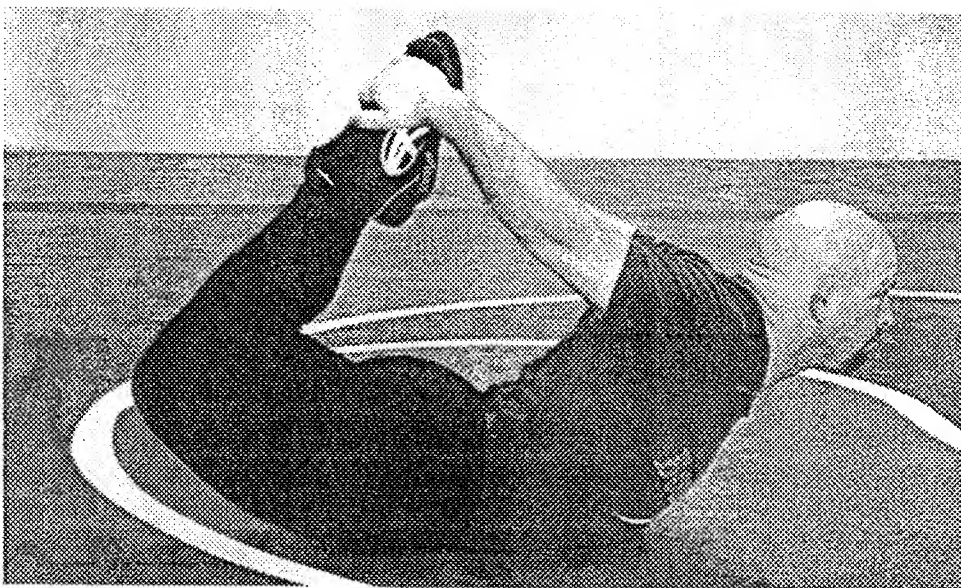
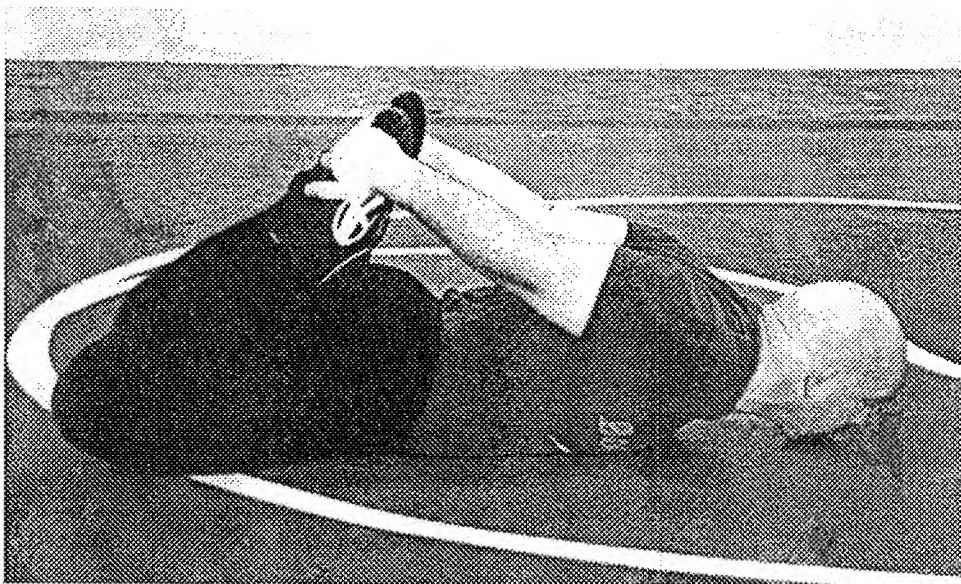


Reverse Handstand

The reverse handstand is an exercise that builds a lot of strength in the shoulders, back and arms. In this exercise you simply hold the position for as long as you can. When you can hold for three minutes, you're doing great.

1. Stand with your back to the wall. Bend forward and place your hands on the floor, about shoulder-width apart.
2. Now place the soles of your feet on the wall and walk up it backwards until your chest is flat against the wall.
3. From this position, simply breathe naturally and hold for as long as you can.

Note: It wouldn't be a bad idea to have someone spot you on this exercise at first. It looks much easier than it is.

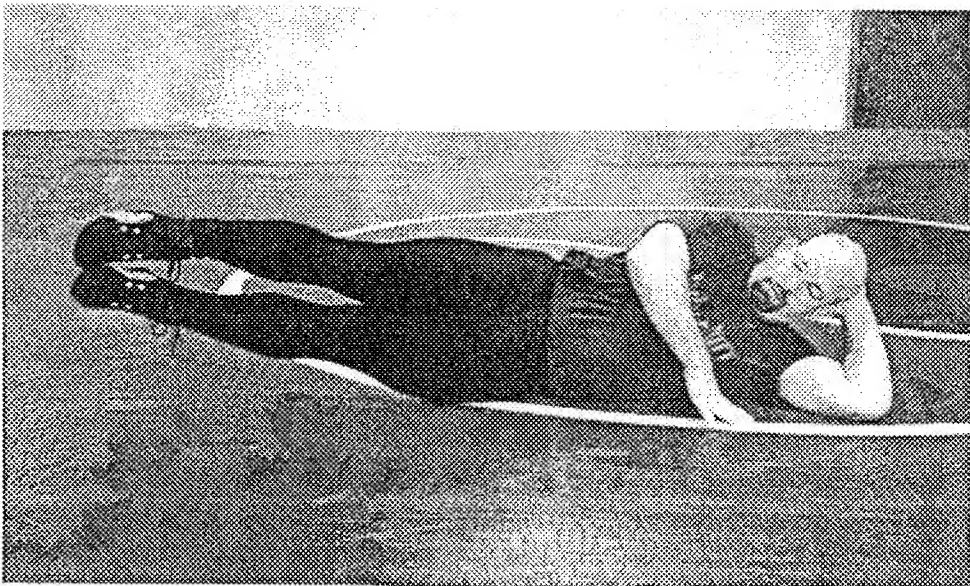


Grab Ankles Lift

from Yoga Journal

Doing this exercise stretches and strengthens the muscles along the spine. One of the other things you can do from this position is use your abdominals as if they are a pair feet. It sounds impossible if you haven't seen it, but I can push my abdominals out while pulling up and as I do so, I bounce off the floor. Anyway, the instructions for this lift are as follows:

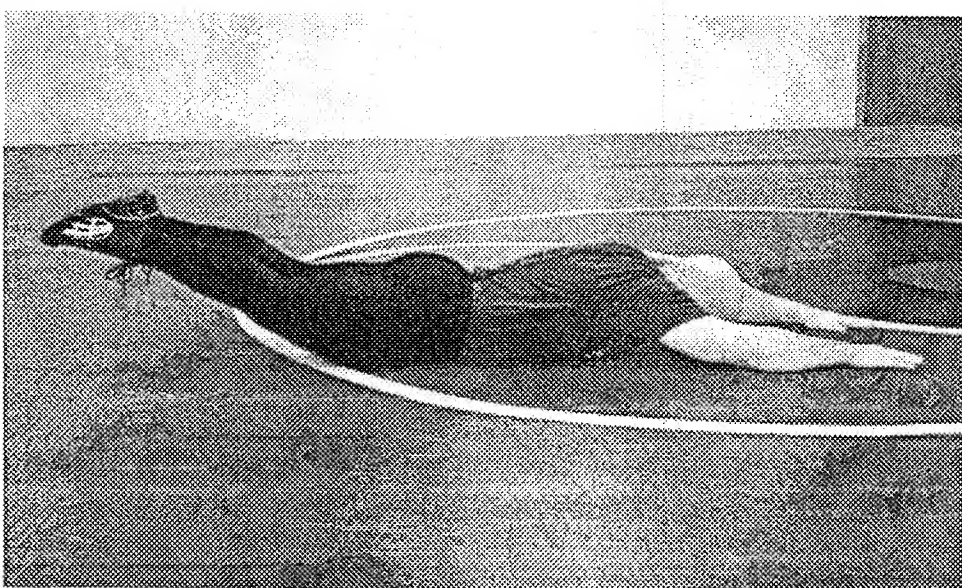
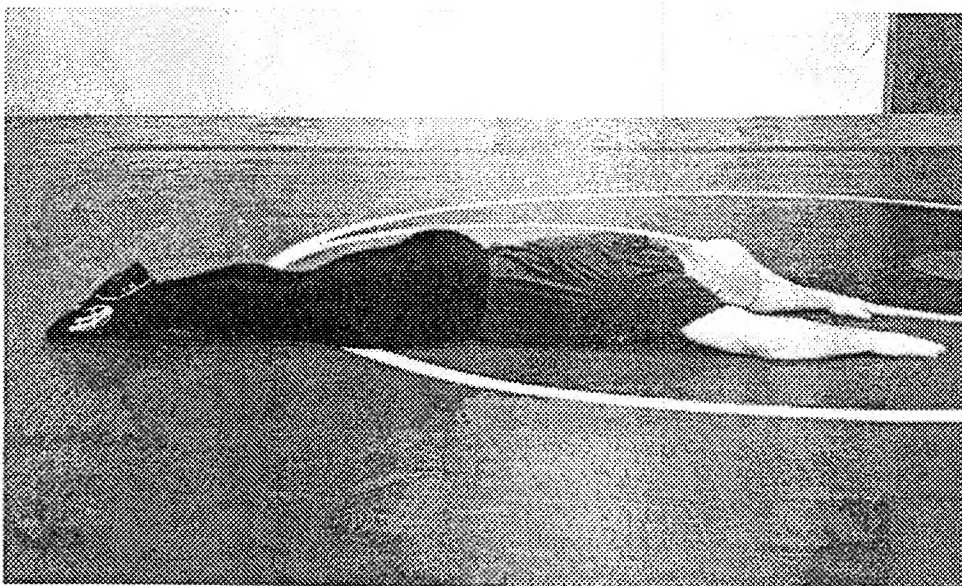
1. Lie on the floor with your stomach facing down.
2. Bend your legs backward. Reach back and grab them with your hands.
3. Simultaneously pull your torso and thighs off the ground.
4. Hold the position for three deep breaths.
5. Relax and repeat.



Sideward Leg Lifts

Sideward leg lifts develop strength and flexibility in the hips and thighs. You'll find them much more enjoyable than single leg lifts.

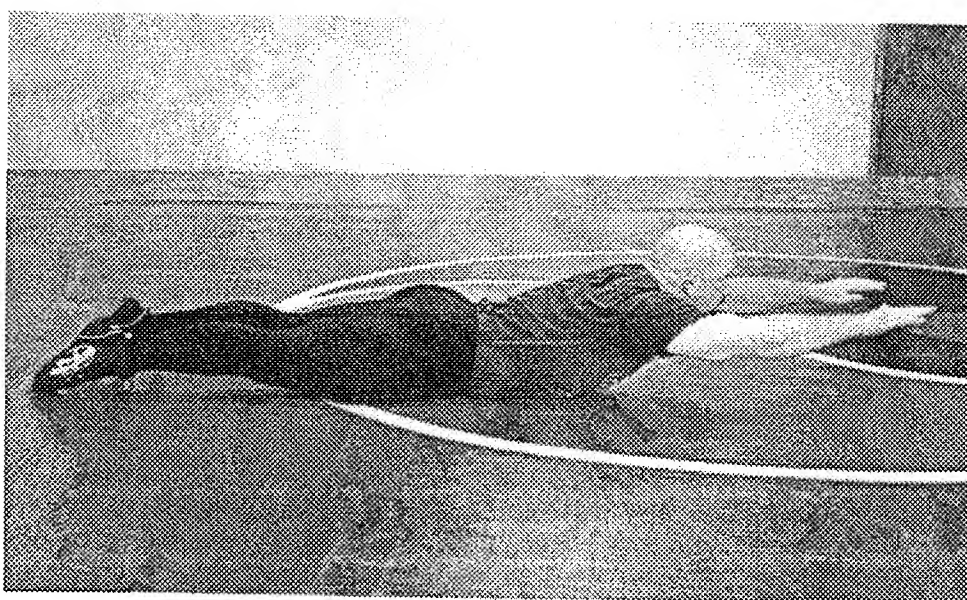
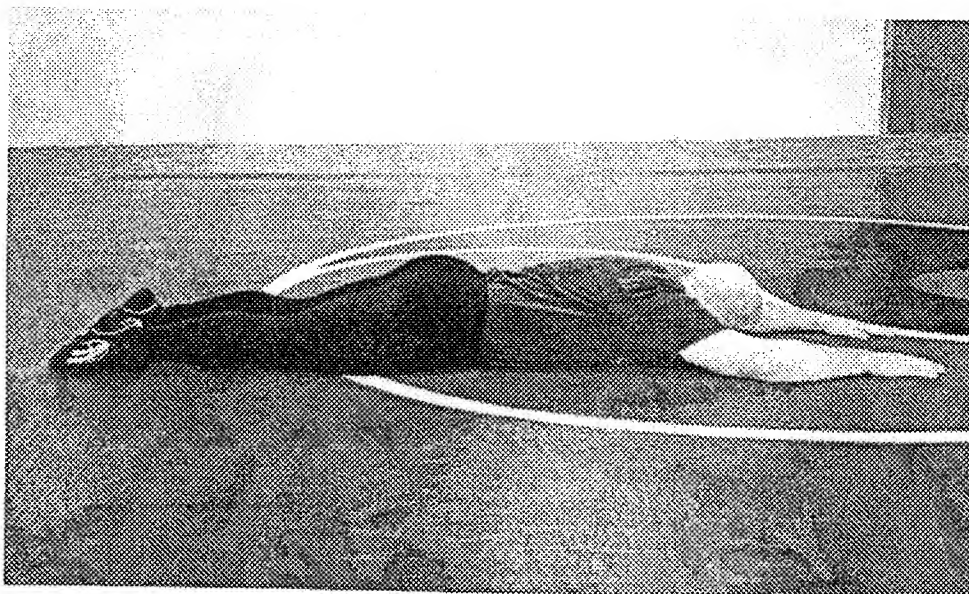
1. Lie on your side with your legs together.
2. Lift both legs off the floor at the same time.
3. Inhale up, exhale down.
4. Do this exercise until fatigued.



Reverse Leg Lifts

Reverse leg lifts develop strength in the abdominals, lower back and buttocks. You also get a good stretch for the lower back when you do this.

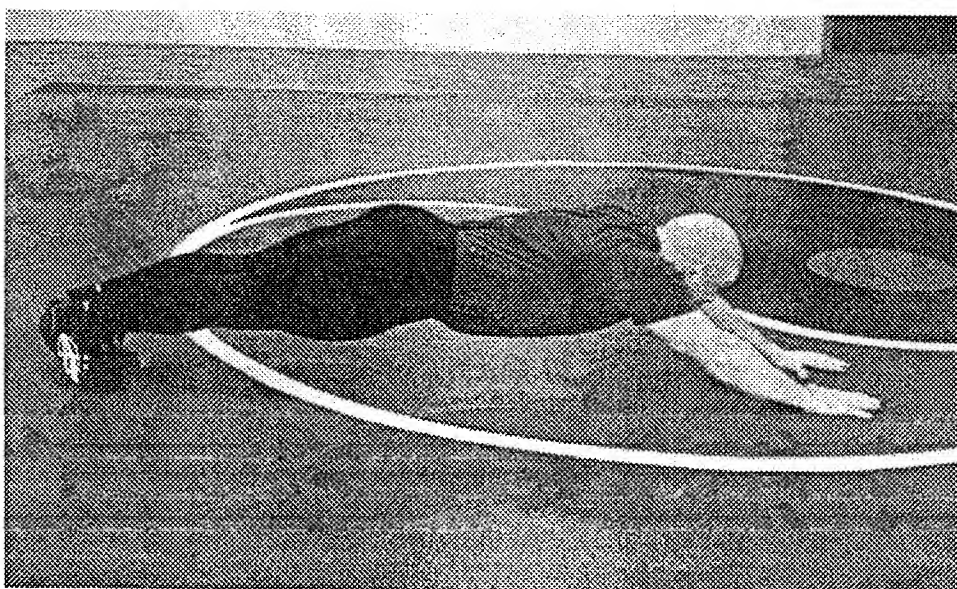
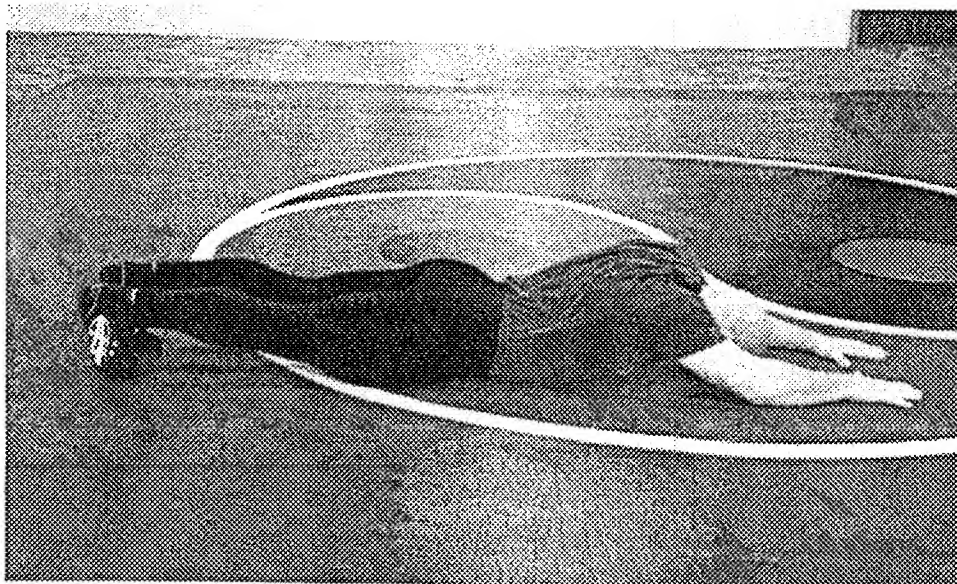
1. Lie face down on the floor with your arms stretched forward.
2. Inhale and lift both legs at the same time. Hold for a couple seconds.
3. Exhale and lower to the floor.
4. Repeat until fatigued.



Torso Lifts

After doing the reverse leg lifts, focus your attention on your upper half. Notice how much your abdominals, hips and back come into play in this exercise.

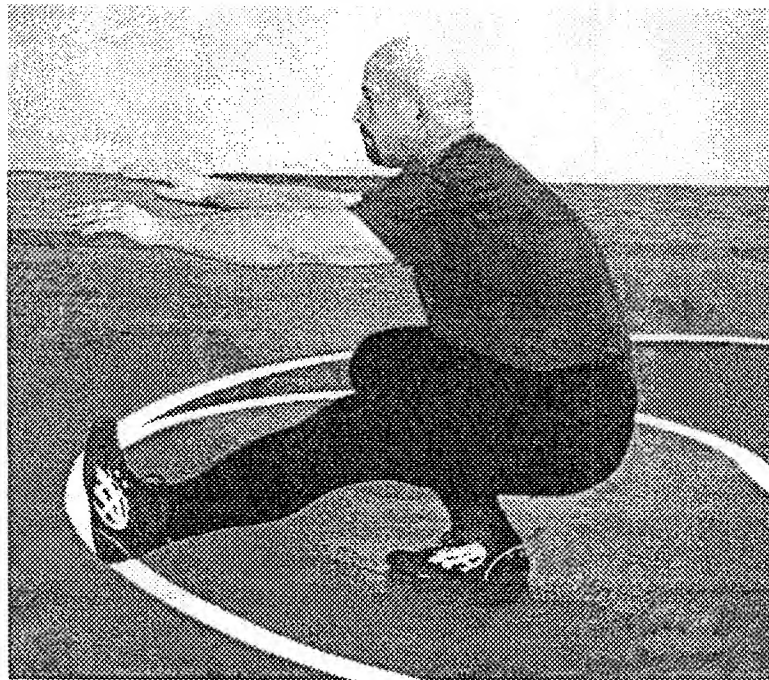
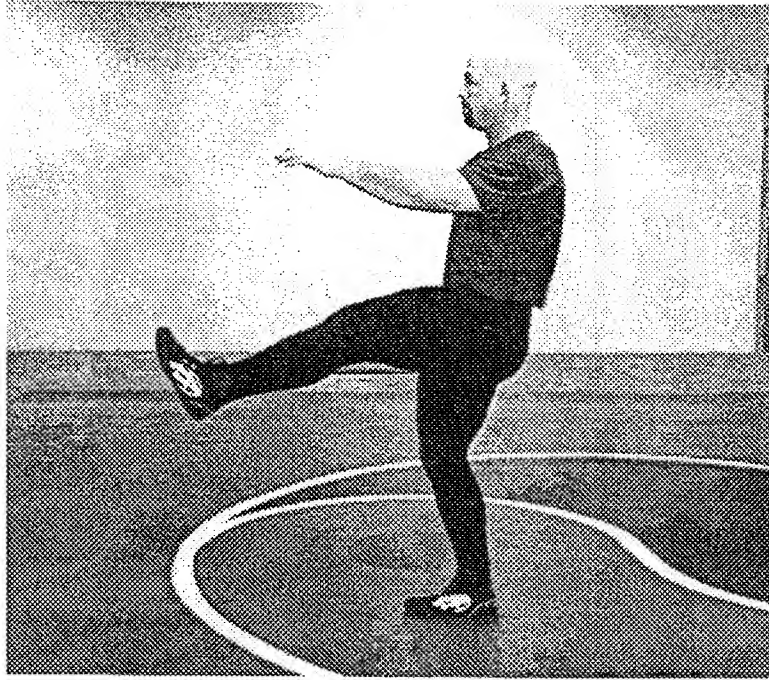
1. Lie face down on the floor with your arms stretched forward.
2. Inhale and lift your arms, chest and abdominals as high as you can.
3. Exhale and lower to the floor.
4. Repeat until fatigued.



Arms Extended Pushups

This exercise works the muscles of the arms, chest, shoulders and abdominals, not to mention the upper and lower back. Strive to get just one of these with your arms fully extended. If you can't, then continue moving your arms back until you find a position that will work.

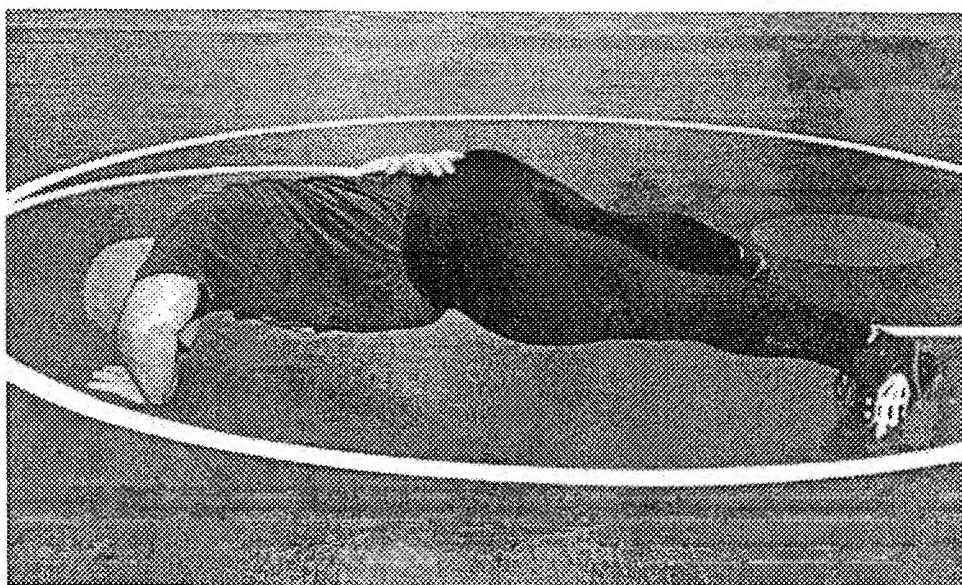
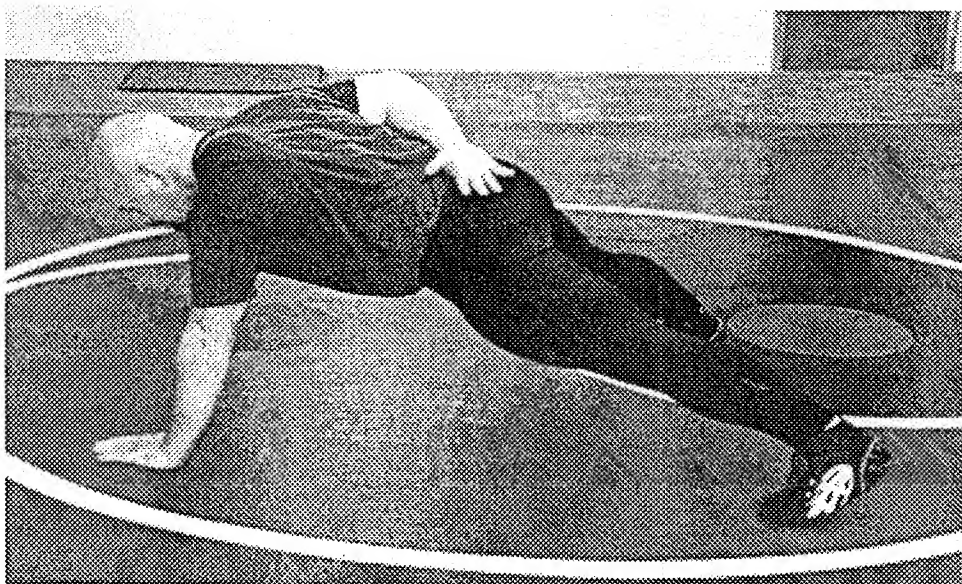
1. Lie on your stomach with your arms stretched straight in front of you. Your hands are closer together than in a regular pushup.
2. Push everything but your hands and feet off the floor.
3. Lower yourself to the floor and repeat as many times as possible.
4. If you can only do one repetition, hold yourself in the up position as long as you can.
5. If you are unable to even do one repetition, continue pushing as if you can. This resistance will build strength.
6. Breathe naturally throughout this movement.



One-Legged Squats

Once you have built a good deal of lower body strength through Hindu squats and Hindu jumpers, you'll want to give one-legged squats a whirl. They add resistance to your regular squats and help increase leg strength and balance.

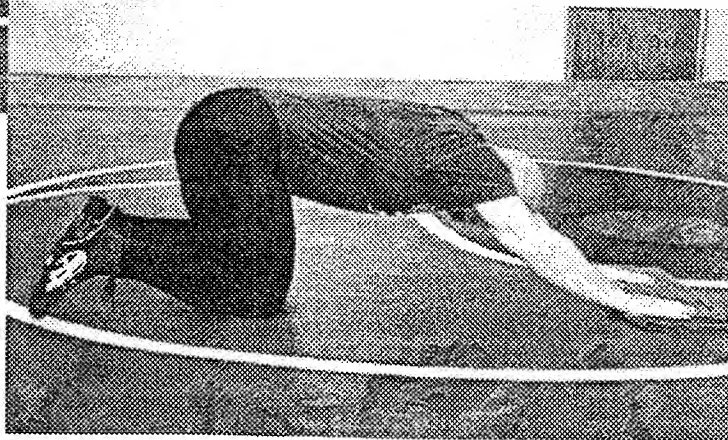
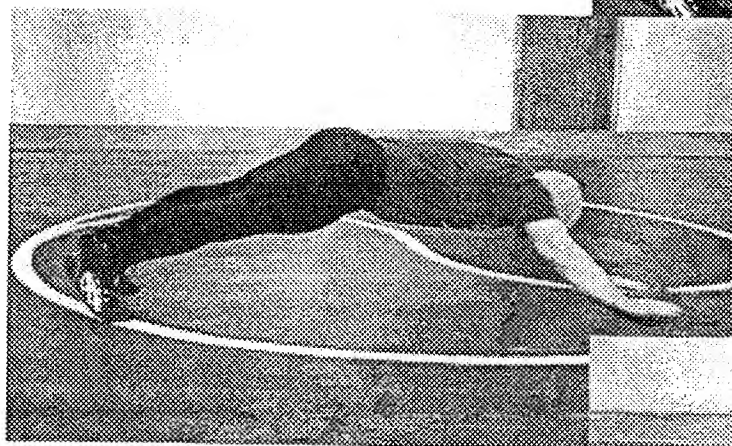
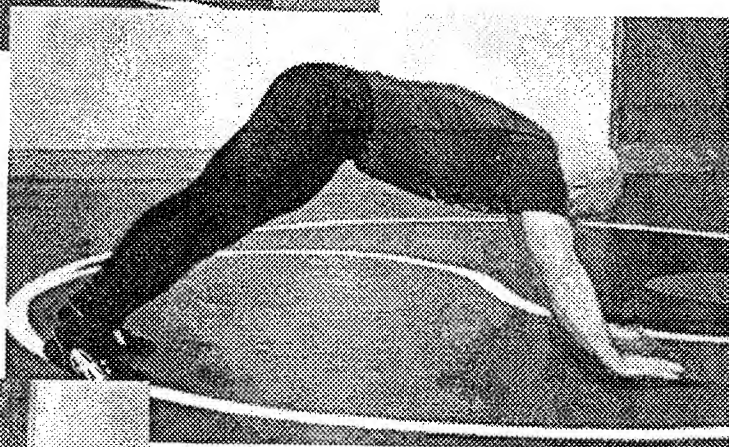
1. Stand on one leg with the opposite leg extended forward at waist level. Your hands are stretched straight in front of your chest.
2. Slowly lower your buttocks until they go below your knees.
3. Push back up.
4. Inhale down, exhale up.
5. Do as many repetitions as you can, then switch legs.



One-Arm Pushups

Like one-legged squats, one-arm pushups add resistance, making your job a lot more difficult. In addition to increased strength in the upper body, one-arm pushups are good for your balance.

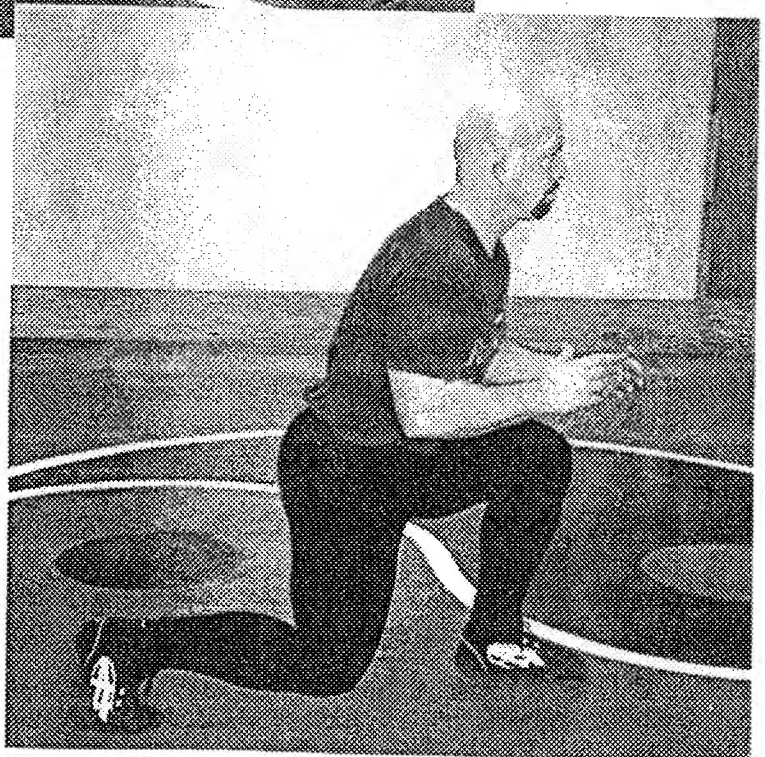
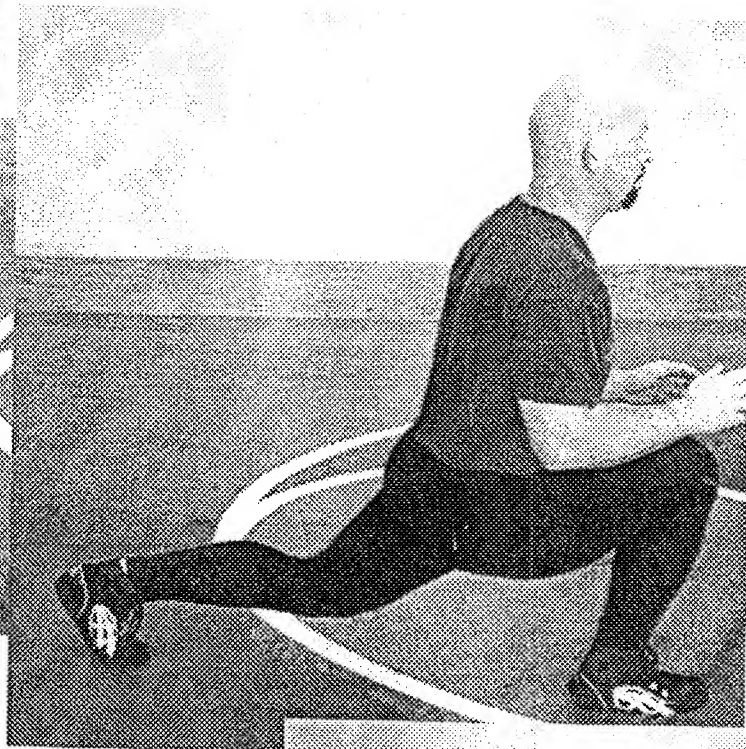
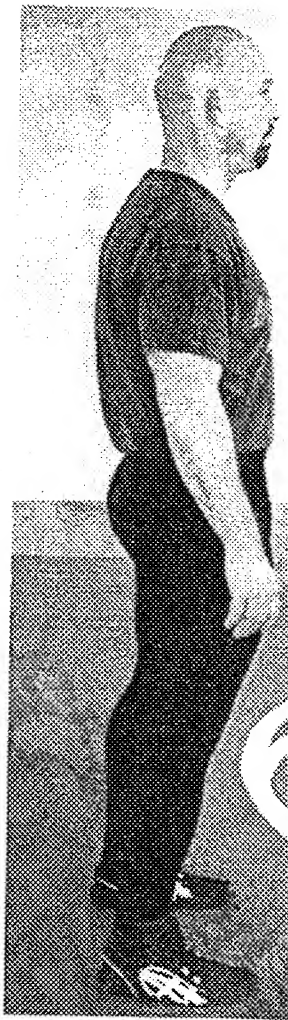
1. Stretch out on the floor with your legs spread wide.
2. Rest on the palm of one hand and put the other behind your back.
3. Lower your nose down toward your hand. Push back up.
4. Do as many repetitions as you can.
5. Inhale down, exhale up.



Towel Pushing

This is an exercise that can only be done on a surface that allows you to slide. It works your entire body with a special amount of stress placed on the abdominals, lower back, shoulders, arms and chest. Work into this one slowly. Talk about a workout.

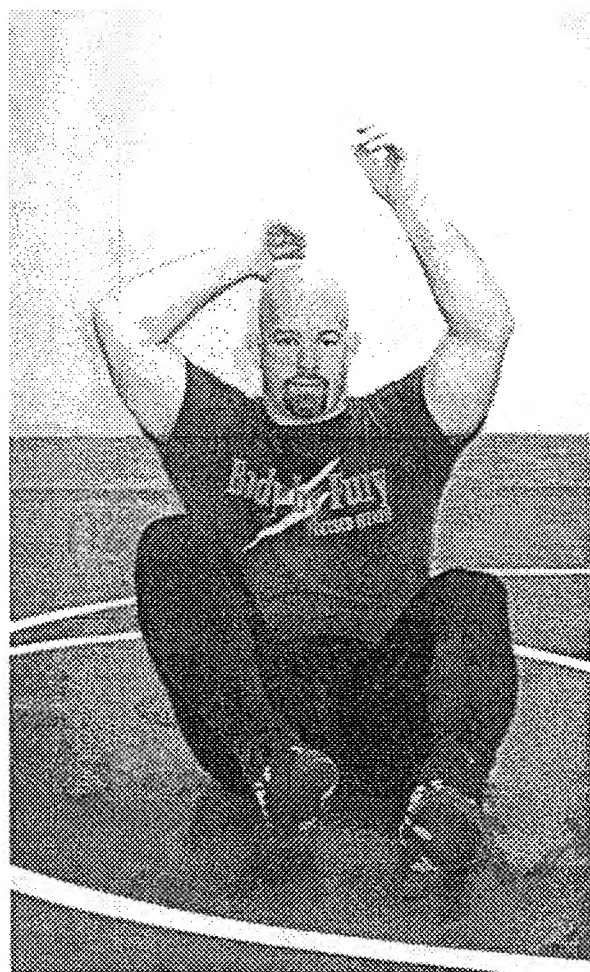
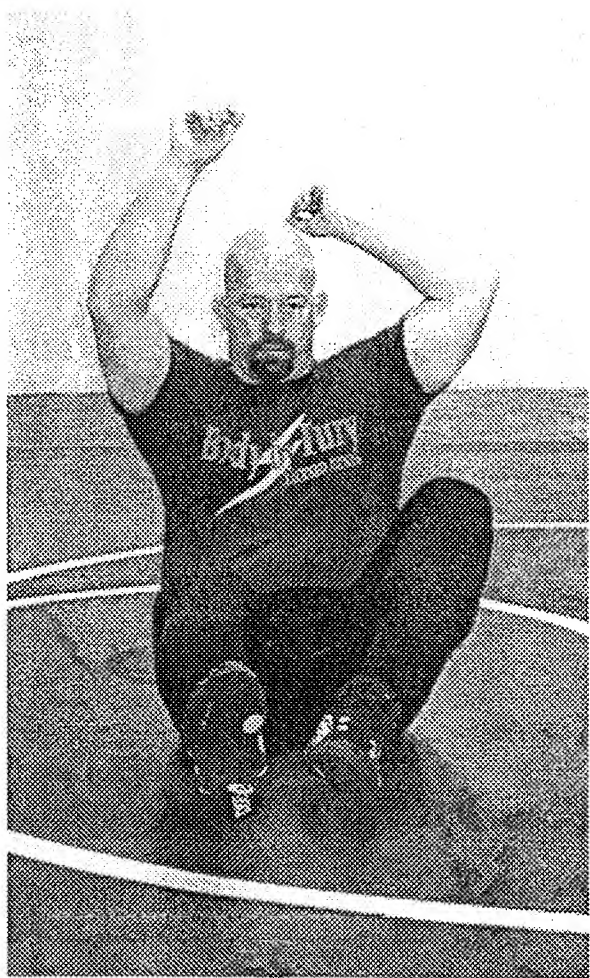
1. From a standing position, lean forward and place the palms of your hands on the towel placed in front of your feet.
2. Keep your attention focused on your abdominal center.
3. Slowly push the towel forward while keeping your arms straight.
4. Continue pushing until your body is fully extended, but still off the ground.
5. Put your knees on the floor. Using your abdominal muscles, pull backward until your hands are next to your knees.
6. Breathe naturally throughout this movement.
7. Repeat five to ten times.



Penetration Step Lunges

In the art of wrestling, one of the skill development exercises is called a penetration step drill. Most of the time, however, the student is taught to bang one knee into the soft mat. For the purpose of this exercise, we will observe the method employed by old-time American catch-as-catch-can wrestlers, who did not hit a knee when attacking someone's legs. When you perform this exercise the way the old-time wrestlers did it, you'll feel every muscle in your legs (and your buttocks) screaming with delight. This exercise stretches the quadriceps, glutes and hamstrings and promotes explosive strength while building higher levels of lung power.

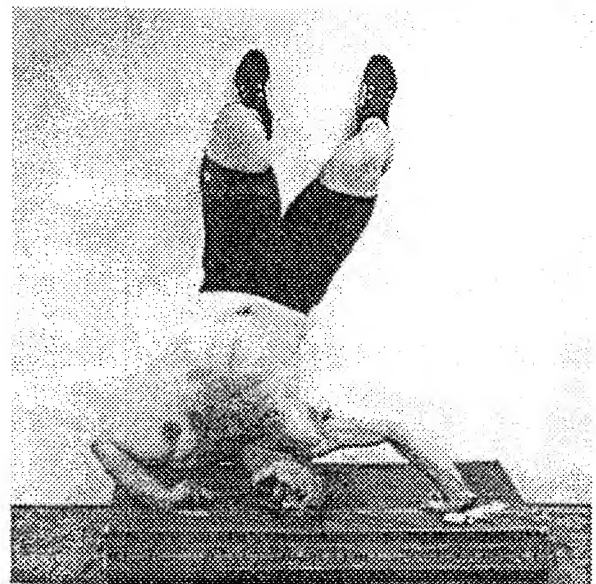
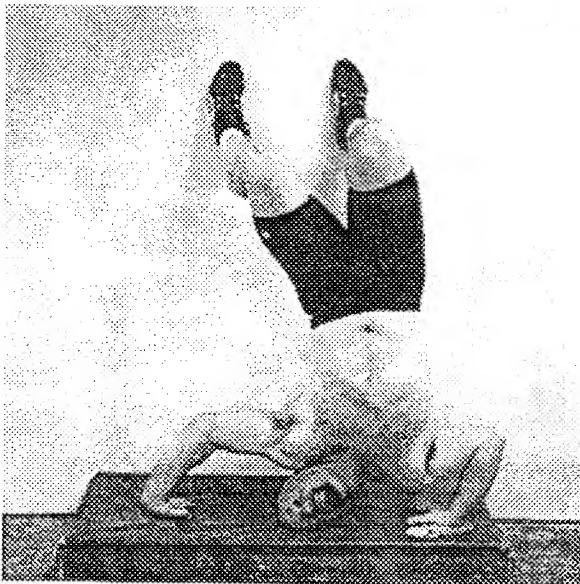
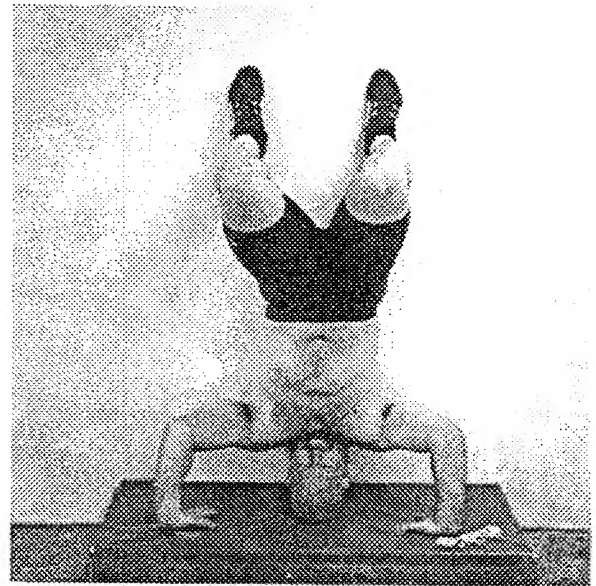
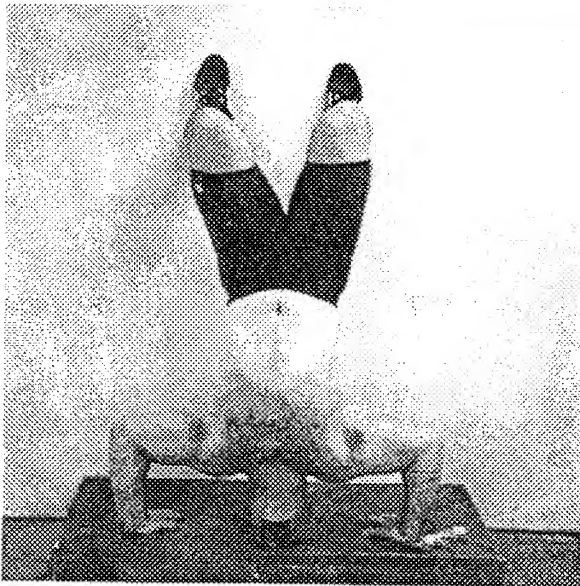
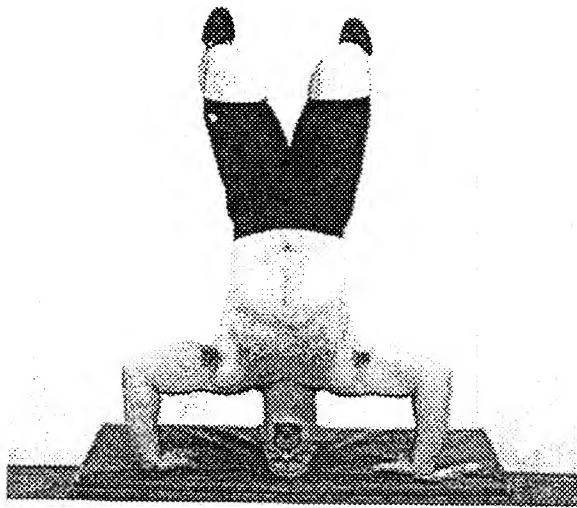
1. Stand in a staggered wrestler's stance.
2. Take another step forward with the leg you are leading with.
3. Lower your elevation as you step forward. Move forward, almost like the duck waddle. Be careful not to touch your knee on the floor.
4. As the one knee avoids contact with the floor, the other leg steps through.
5. Repeat on the other side, then go back to the original side again.
6. Breathe naturally as you move.
7. Shoot for 15-25 repetitions at first. Eventually 50 or more will be no problem.



Pleasant Valleys

After a few rounds of this exercise you may feel that it has been improperly named. Some people prefer to call this exercise "Death Valleys." Nothing could be further from the truth. This exercise may hurt a bit, but it'll give you a reason to live.

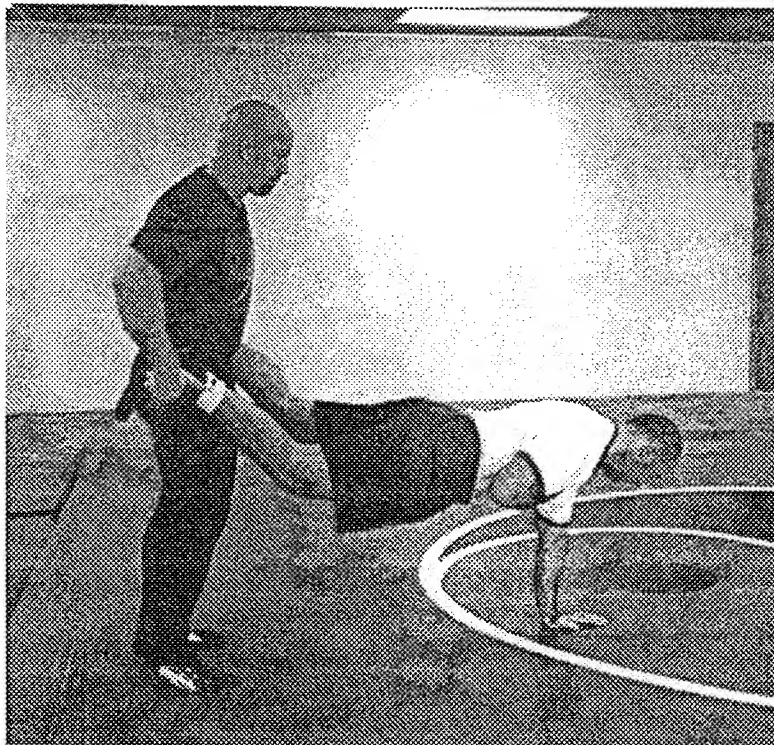
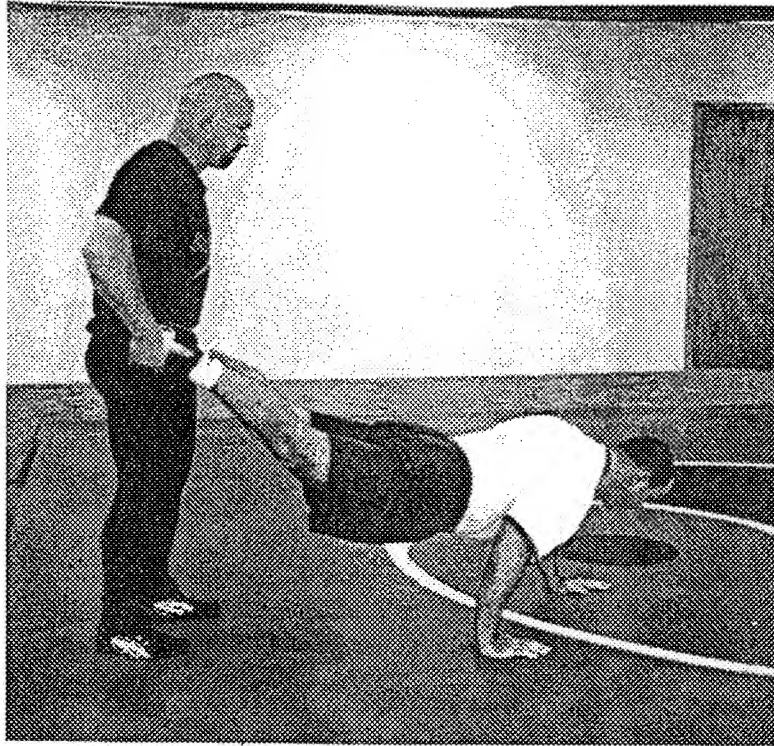
1. Sit on the floor with your back straight and your arms overhead.
2. Raise both legs in the air and begin bicycling with your feet.
3. As you bicycle with your feet, imagine you are picking cherries from a tree and dropping them into a bucket behind your head. Squeeze and pull each cherry from the tree. Grip and release, going from one cherry to the next. Keep pedaling your bicycle as you do this.
4. Keep your back straight and breathe naturally.
5. Do 25-200 repetitions of this exercise.



Head Stand With Neck Stretches

The following exercise stretches and strengthens the sides, front and back of your neck like nothing else. Make sure you begin slowly and only go as far as your body will allow. Don't force anything. Eventually you'll be able to touch your ear to the mat on each side. Once again, as in all the exercises, concentrate on the muscles you are working.

1. Place your head on a soft mat about one foot from a wall.
2. Jump into a head stand. Keep your hands on the mat for balance.
3. Slowly stretch your neck to the front, trying to touch your nose to the mat. Relax and repeat five to ten times.
4. Now slowly go backward. Only goes as far as your body will allow. Relax and repeat five to ten times.
5. Now slowly move toward the left ear. Return to center and move toward the right ear. Repeat five to ten times.
6. Breathe naturally.



Wheelbarrow walking

Wheelbarrow walking is an exercise in which you will need a partner. It is great for developing strength and endurance throughout the upper body.

1. Have your partner lie face down on the floor.
2. Reach down and grab his ankles.
3. Pull his ankles up to your waist.
4. Your partner now comes off his chest and puts all of his weight on his palms.
5. He now walks forward, and you follow.
6. You can also have him go left and right.
7. Breathe naturally throughout this movement.
8. Continue until fatigued, then switch partners.

Variation: To make this exercise harder, see picture #2, where Gary Long lifts one hand to his chest, then puts it back down and repeats on the other side. This minor variation makes it much, much harder.

Jumping Rope

Jumping rope has long been considered one of the very best developers of cardiovascular fitness. It has been said that 10 minutes of jumping rope gives your heart the same benefit as you would get from 30 minutes of running. Based upon this study, you not only save 20 minutes, but your entire body is exercised in a way that you cannot duplicate while running. There are many routines you can follow when jumping rope. The main thing to remember is that you want to continually try to do more complicated exercises. At first it may be difficult to simply jump with both feet together. After awhile, though, this will be easy, so you'll want to run in place while you jump. Or you'll want to alternate jumping: first on one foot, then the other. At any rate, once you're able to do 500 or more consecutive jumps, you're ready to follow the program listed below.

One minute - Jumping rope at fast pace - 150 jumps or more per minute

30 seconds rest

Two minutes - Jumping rope at fast pace - 150 jumps or more per minute

60 seconds rest

Three minutes - Jumping rope at fast pace - 150 jumps or more per minute

60 seconds rest

Two minutes - Jumping rope at fast pace - 150 jumps or more per minute

30 seconds rest

One minute - Jumping rope at fast pace - 150 jumps or more per minute

Altogether this workout represents nine minutes of fast-paced jumping and three minutes of rest. It is a great workout you can do to pick yourself up when feeling blah or as a warm-up before doing other exercises.

Hill Sprints

One exercise that is guaranteed to kick your butt into shape is hill sprints. I used them before going to China to win the world kung fu title in 1997. I first learned of their value when reading about NFL superstars Walter Payton and Marcus Allen, who used them to build explosive speed, power and endurance. Hill sprints have also been used by wrestlers all over the world. If you live in an area that doesn't have hills, then run the stairs at a football stadium, basketball arena or some other place.

When you first begin running hill sprints, you'll only need a hill that is about 50 to 70 yards long. Do not go out and try to tackle a hill that is a two miles long. The key is sprinting, not long distance running. Eventually, as you get used to running hill sprints, you can vary the distance. You can start off with 50 yards and work up to 150 yards or more. It's up to you. The key is doing them three days a week.

When you do a hill sprint, do not run back down the hill. Take your time and walk back down. This allows you to catch your breath and to concentrate all your energies on each burst. Also, running down hill can be hard on the joints.

Here is a sample program:

Monday

Five 50-yard hill sprints

Wednesday

Three 50-yard hill sprints

Two 70-yard sprints

Two 90-yard sprints

Friday

One 150-yard sprint

One 100-yard sprint

One 80-yard sprint

One 70-yard sprint

One 60-yard sprint

Three 50-yard sprints

Uphill Buddy Carries

Just when you thought that hill sprints took the cake, you have someone who comes up with Uphill Buddy Carries. That someone, by the way, IS NOT ME. When I was training under Dan Gable at the University of Iowa, we had to carry our training partner up the steps of the arena ... and that was at the end of practice, when our tails were really dragging.

Naturally, with someone on your back, you won't be able to run too fast uphill (or up a long flight of stairs), but your muscles will get the point anyway.

The key is finding someone of comparable weight. If you weigh 150 pounds, you don't want to carry a 300-pounder uphill, believe me. At the same time though, if no one your size is around, carrying a lighter person will still make life rough for you.

In terms of a routine, uphill buddy carries are really more of an exercise that you do AFTER hill sprints. Carrying your partner up the hill one to three times should be enough.

Here are some instructions on how to do Uphill Buddy Carries:

1. Squat down enough for your partner to jump on your back.
2. Have your partner drape his arms over your shoulders.
3. Your arms are under his legs. Reach up with your hands and your partner reaches down to meet you. Clasp hands.
4. Keep your head up and begin a slow trot up the hill. Your goal is to go the whole way without stopping.
5. Breathe naturally as you go.
6. Do one to three rounds, alternating after each time or going straight through.

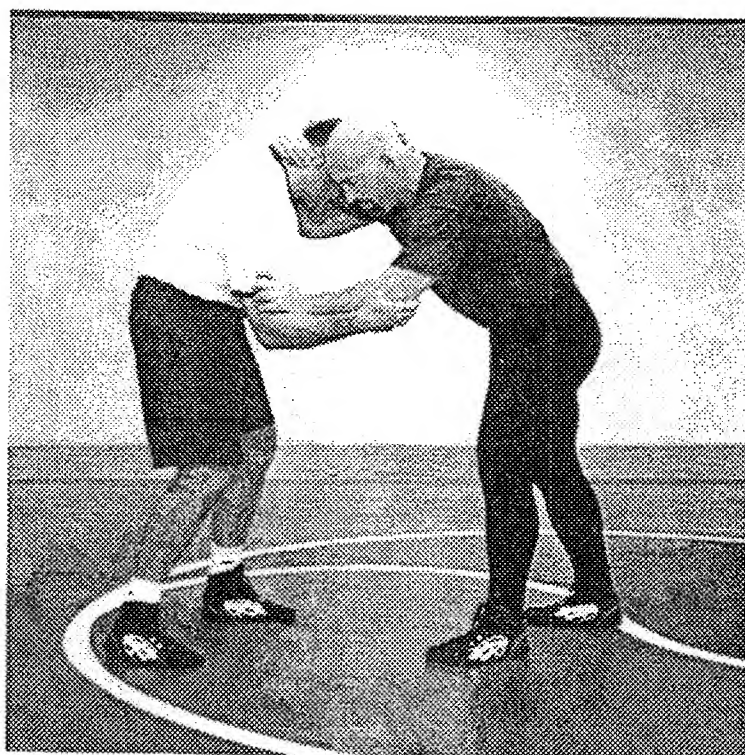
Road Work

A lot of athletes mistakenly believe that cardiovascular conditioning is the key to maintaining energy in a combat sport. Hence, they think that running mile after mile is a good idea. Not true. There is nothing wrong with running, but in combat sports like wrestling and in mixed martial arts competitions (often referred to as no-holds-barred fighting), you do not fight standing up the entire time. You fight in many different positions, at different speeds and with varying degrees of muscular effort. This variety helps explain exactly why wrestling and mixed martial arts competitions are not "cardio." Sure, some of your training can be running, but much better than running is what Karl Gotch calls "road work."

By "road work" Karl means that you work (or workout) while running along the road. Instead of running two to five miles, try throwing punches while you run. That alone will make you realize how different fighting is from running. Other things you can do while running are pushups, duck waddling, bear crawls, Hindu squats, and so on.

"Expect the unexpected," says Karl. "Visualize your opponent while you train and imagine that each time you do road work you have a different opponent in front of you. No match is ever exactly the same, so never do road work in exactly the same manner."

I think the quote in the above paragraph pretty much says it all. But there is one more thing: When you do road work, wear combat boots.



Wrestling

There are a great many combat sports that you can participate in. All of them can greatly improve your conditioning level. In addition to wrestling, I have practiced tai chi, various styles of kung fu and boxing. But nothing, in my estimation, develops the mind and body like wrestling.

When I speak of wrestling, I am speaking of it in all its forms and guises, including freestyle, Greco-Roman, judo, jiu-jitsu, Brazilian jiu-jitsu, sambo, shuai-chiao and my favorite, catch-as-catch-can. All of these combat sports/martial arts are great training, physically, mentally and spiritually. They develop the human being to levels he never dreamed possible.

Once thought of as the "manly art" - wrestling is now enjoying increased popularity among women as well. The world over, wrestlers have always been the best conditioned athletes. They don't have the muscles of a bodybuilder or power lifter, but they have the functional strength that no bodybuilder or power lifter can match. Many of these muscle boys have come into the wrestling room or dojo and left with bruised egos. It isn't easy facing the reality that a 20-inch arm may be impressive to look at, but a muscle guy with big arms still can't beat a grappler who really knows how to use every square inch of his body.

If you are not involved in one of the wrestling arts listed above, I recommend that you first begin with the exercises in this book. Conditioning is the best hold you can learn. Once you have attained a basic level of fitness, then you're ready to begin learning and without great fear of injury due to weakness, inflexibility or lousy lung power.

If you are already involved in a combat sport, be it a wrestling art or a striking art such as karate, boxing, kung fu or the like, the exercises in this book are for you as well. If you haven't been doing exercises like this, chances are you are not in condition, even if you have been involved in your art for years. There are plenty of so-called combat athletes. You don't want to be one of them. Be a conditioned combat athlete. There is a world of difference between the two.

Last of all, even if you have never been involved in a combat art, and never plan to be, the exercises in this book are the greatest gift I can give you. Health, as the saying goes, is our greatest wealth.

Sample Combat Conditioning Routines

Each of the following programs can be done as a single workout or in combination with another workout. For example, you can do the Hindu Squat and pushup workout during the same training session. But there is nothing wrong with doing one workout in the morning and another later in the day. Figure out what works best for you and take it from there.

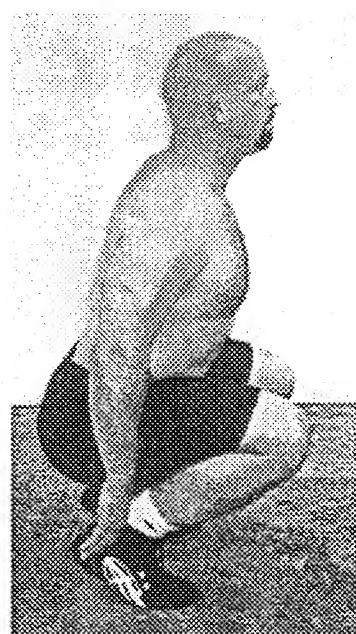
Look through this book and choose three to five exercises, or more, and create your own routine out of them. Some days you'll only want to do bridging, Hindu squats and Hindu pushups. On other days you can put together a workout of 15 or 20 different exercises, but done with less intensity than on other days.

The keys to success in **Combat Conditioning** are hard work, a "have fun" mindset and variety in what you do. If you always do the same workout, the training can become dull. When you switch things around, even a little bit, you'll realize that a slight change in a routine can make a big difference.

500 Hindu Squats Workout

Do five sets of 80 regular Hindu Squats followed by 20 Hindu Jump Squats. Focus on your breathing while you train. Exhale when you go down, inhale when you come up. After each 100 you may run in place to help your legs recover, but do not stand around or sit down. Keep moving. This keeps your heart rate elevated and helps you maintain your focus and intensity.

Hindu Squats



Hindu Jump Squats



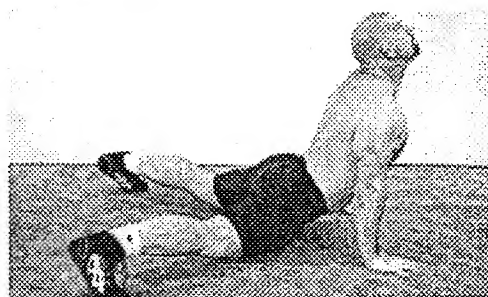
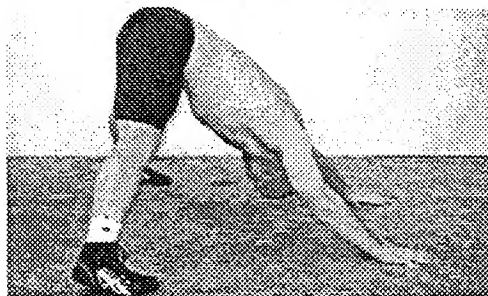
250 Pushups Workout

In this workout you will do a variety of different pushups, one after the other. Listed below is a sample of how you can do this program.

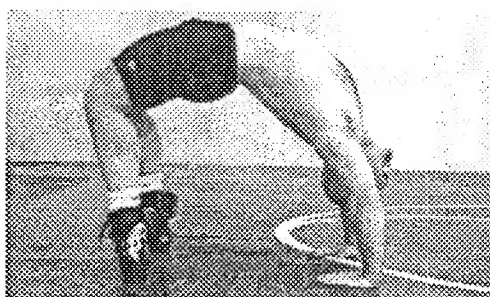
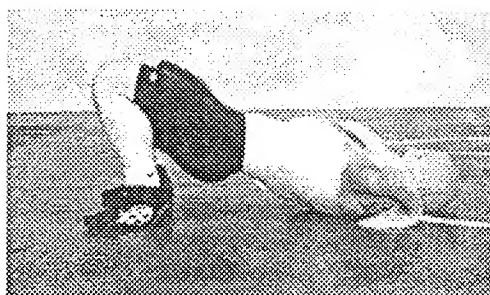
- 100 Hindu Pushups
- 10 Fingertip Pushups
- 10 Reverse Pushups
- 30 Hindu Pushups
- 20 Fingertip Pushups
- 30 Hindu Pushups
- 20 One Leg in Air Pushups
- 10 Fingertip Pushups
- 20 Hindu Pushups

When doing the Hindu pushups you will inevitably hit a sticking point where you cannot do another one. Do your best to rest in the up position with your butt in the air and all weight still centered over your hands. Catch your breath and continue. Training this way builds more endurance, not to mention mental toughness.

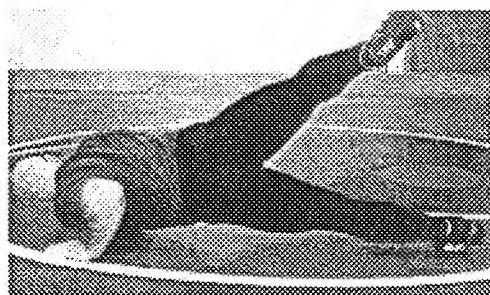
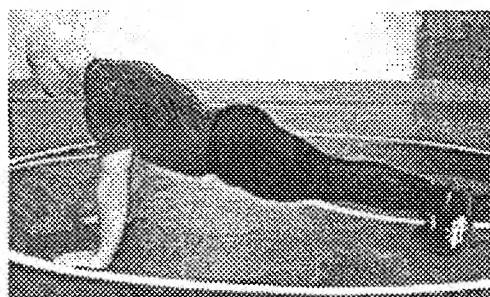
Hindu Pushups



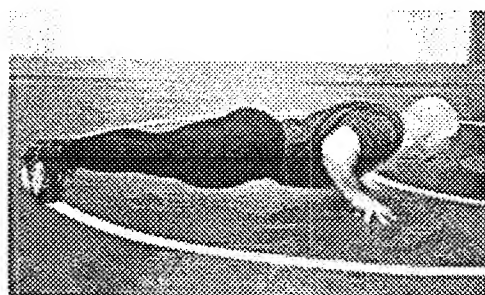
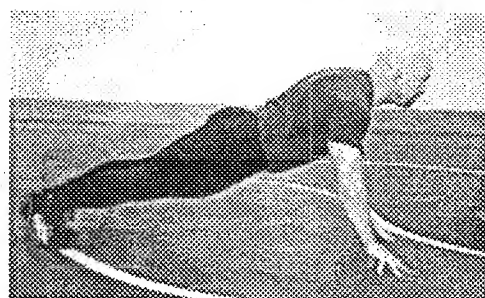
Reverse Pushups

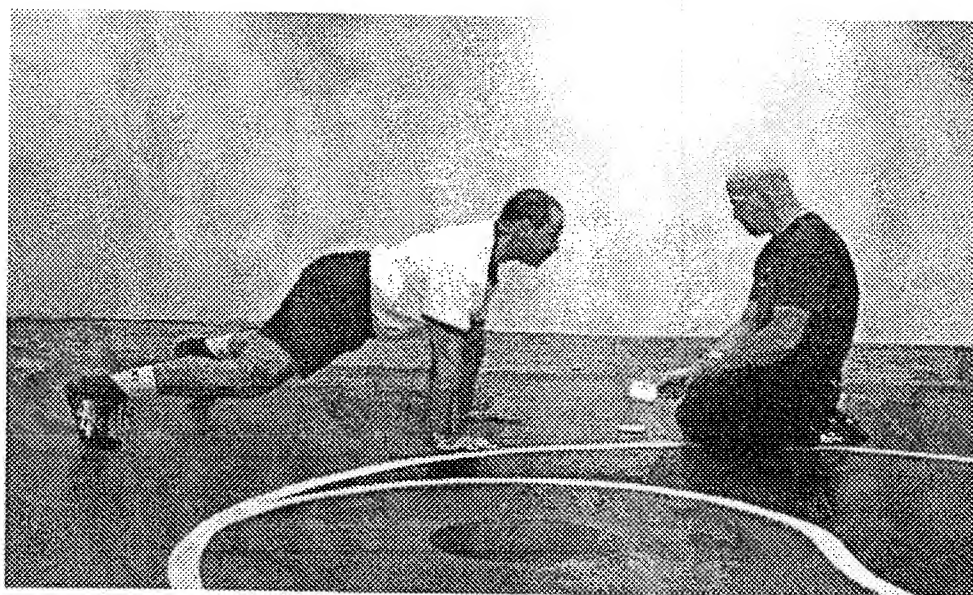


One Leg Pushups



Fingertip Pushups





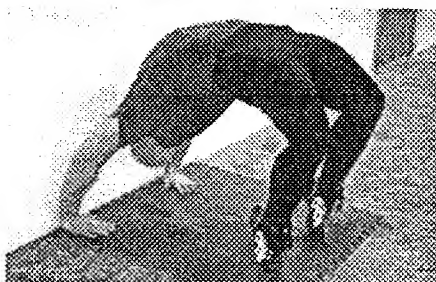
The Karl Gotch Bible

This is a great workout that combines squats and pushups via the use of a deck of cards. The Japanese wrestlers Karl Gotch trained referred to this as the Karl Gotch Bible. Here is how it works. Get a deck of cards out, shuffle them well and start dealing. When you deal a number card in red, do that many Hindu pushups. If you get a face card, do 10-15 pushups. For the black cards do Hindu squats. Jokers are wild, giving 20 reps. Continue dealing until you've gone through the entire deck. It's one of the best workouts you can do and all you need for equipment is 54 cards.

Wall Walking, One-Legged Squats and Reverse Pushups

This workout consists of three exercises that will hit almost every muscle in your body. Begin by walking backwards down the wall and coming back up ten times. After that, do a couple sets of one-legged squats, ten each leg. Then finish off with five sets of reverse pushups, doing as many as you can in each set.

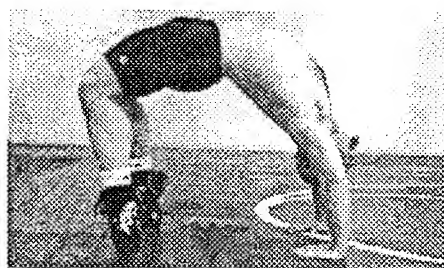
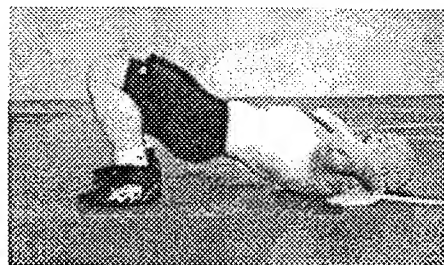
Wall Walk



One Legged Squats



Reverse Pushups



Scab Run

The scab run is one of those regimens I learned while at the University of Iowa. One of the wrestling coaches, Keith Moulam (nicknamed Scab), used to do this run a lot so we named it after him. I have modified it a bit but the idea is still the same. Do not do this workout if you have eaten in the last five hours. It'll get your insides churning, that's for sure.

Sprint 100 yards
25 pushups

Sprint 100 yards
25 pushups

Sprint 80 yard
25 leg lifts

Sprint 80 yards
25 leg lifts

Sprint 60 yards
25 squats

Sprint 60 yards
25 squats

Sprint 40 yards
25 v-ups

Sprint 40 yards
25 v-ups

Sprint 20 yards
25 pushups

Sprint 20 yards
25 pushups

Circuit training

When most people think of circuit training, they usually associate it with weights. But try it with **Combat Conditioning** exercises and see what you think. Basically, what you do is jump rope or run in place for one minute after doing a set of calisthenics. Then you go on and do another series of calisthenics, and so on, until you've had enough. One round of what is listed below will definitely get your attention. As you get into better shape, though, you can do two or three rounds with more repetitions in each exercise. Adapt and improvise. Make it hard and keep it interesting.

Hindu Squats - 50
One minute rope skipping

Hindu Pushups - 25
One minute rope skipping

V-ups - 25
One minute rope skipping

Reverse pushups - 10
One minute rope skipping

No momentum situps - 10
One minute rope skipping

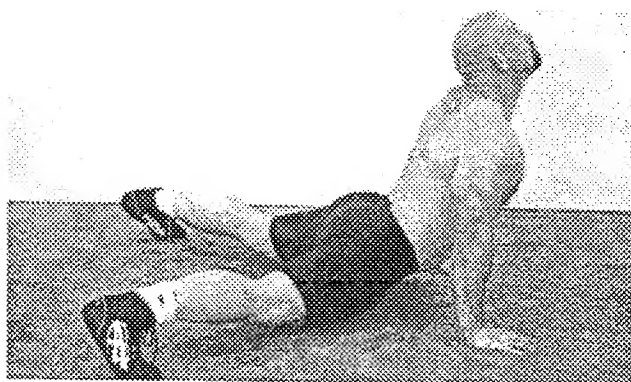
Table Making - 20
One minute rope skipping

Kneeling backbend - 10
One minute rope skipping

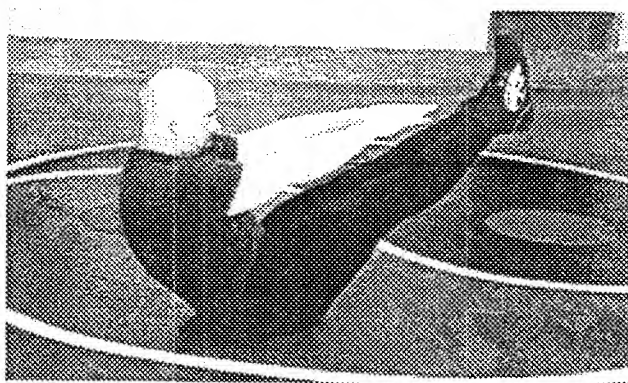
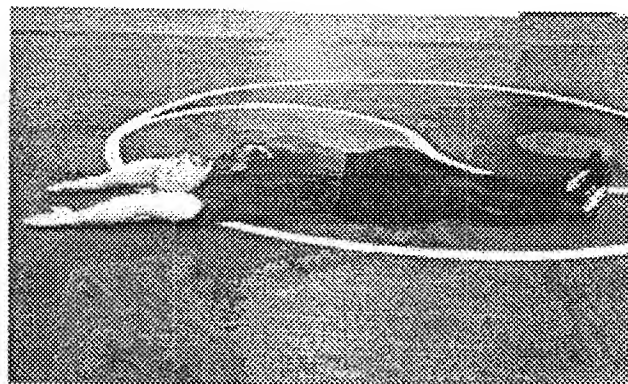
Hindu Squats



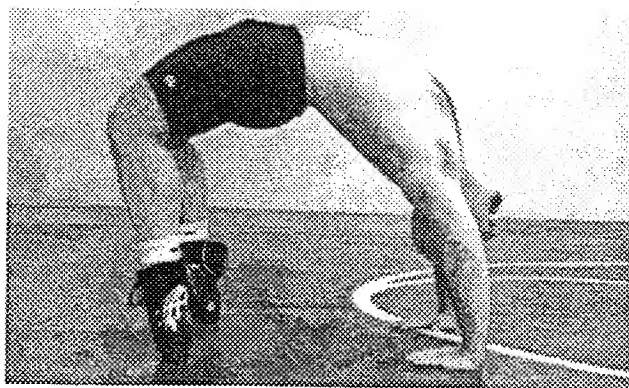
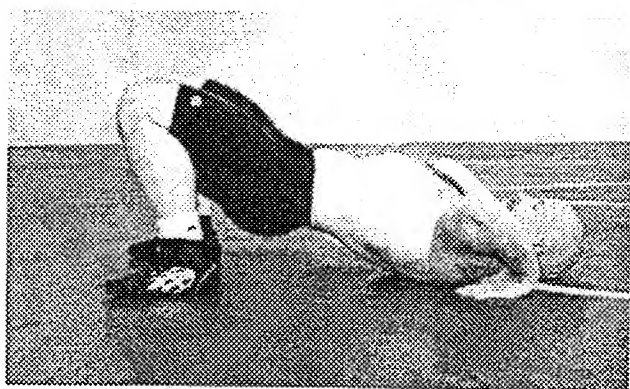
Hindu Pushups



V – ups



Reverse Pushups



No Momentum Sit-ups

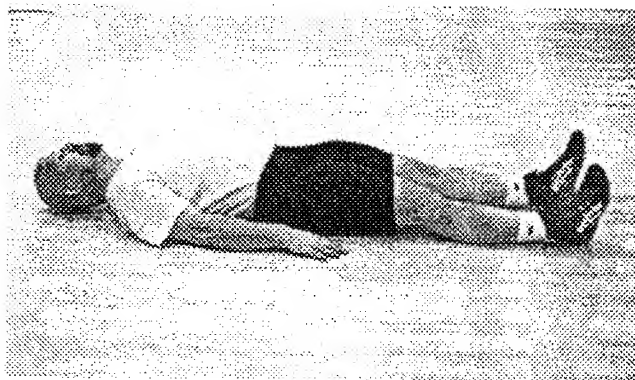
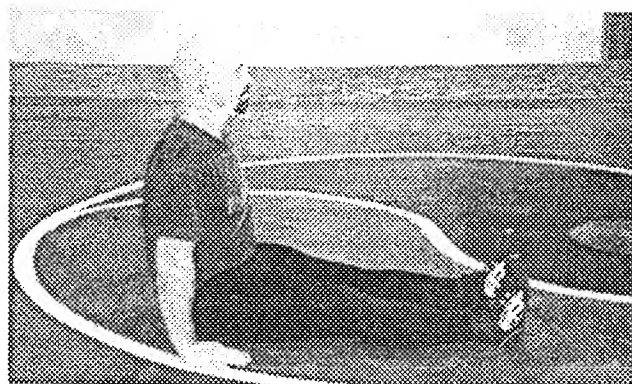
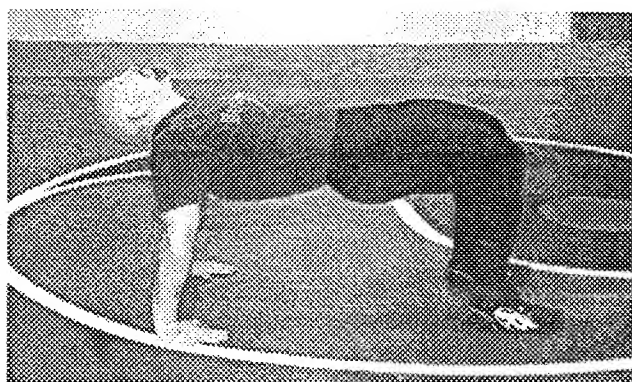


Table Making



Kneeling Back Bend



Commonly Asked Questions

1. How often should I train?

How often should you bathe? How often should you eat? Follow animals in the wild. They don't exercise once or twice a week. Exercise is a necessity for survival. Human beings, on the other hand, are always looking for the easy way out and that's why most are ready for the scrap heap before the age of 30. Take care of your body. The greatest wealth is health. My advice is simple: Do a few of the exercises in this book every day. Work harder some days than others, but do something everyday.

2. Can I do the squats and pushups and bridging everyday?

Yes, you can. I'm not saying you have to, but you sure can. **Combat Conditioning** is not like bodybuilding, where you train certain body parts one day and others the next. Take monkeys and other primates that climb trees for a living. They don't follow a three-day split. They don't use creatine or take liquid amino acids each day. They don't follow muscle confusion principles. They do the same type of exercises each day and they're far stronger than human beings.

3. How long should my workout last?

That all depends upon your goals and the time you have available each day. You might train 15 minutes and you might train for a couple hours or more. It all depends upon why you're training. Combat athletes will spar and practice the elements of their sports in addition to these exercises. But the regular man or woman interested in being physically fit will probably not want to spend that much time, but he or she can still get amazing results without investing a lot of time. Make no mistake about it though, everyone has some time each day for training. If you can't make 15 to 30 minutes per day for exercise, then I suggest you reevaluate your life and what you're doing with it. If health reigns supreme, then get up off your ass and train a bit each day. Even if all you have time for is some light stretching and deep breathing exercises, that goes a lot further than plopping in front of the boob tube and wondering why you don't have any energy.

4. I only have 15 minutes a day, what can I do in that amount of time?

In 15 minutes you can do 500 Hindu squats. In and of themselves, the Hindu squats are a great workout. You're not only working your legs, buttocks and lower back, but the deep breathing and swinging of the arms develops lung power and strength throughout the rest of your body. You can also take five or six exercises and do quite a number of each, and that would be your routine. For example, you could start with walking the wall five times, then you could do 100 Hindu squats, then 50 Hindu pushups, then 25 leg lifts and 10 reverse pushups. That is a good workout and it won't take long at all.

5. I travel a lot. Is this program something I can do in my hotel room?

Absolutely, and that is one of the great things about it. You don't need equipment, yet you'll get more benefits in terms of strength, endurance and flexibility than if you spend the day in a health club loaded with tens of thousands of dollars worth of mechanical equipment.

6. I still like to lift weights, is that okay?

Sure, it's okay. Stick with what you like to do. Some of the people I have coached do the Hindu squats, pushups and bridging on the days in which they don't lift weights. I used to lift weights but since I began the **Combat Conditioning** I have never looked back. I have gotten the greatest benefit from these exercises, but that's me. Other people are different. The most important thing is that you do some form of exercise on a regular basis.

7. How much stronger can I expect to get from a program of calisthenics as opposed to super slow weight training or some of the other programs?

That all depends upon how much effort you put into it and how consistent you are in your routines. But to give you an idea, let me tell you the following story. Steve Maxwell, a good friend of mine, owns a gym in Philadelphia called **Maxercise**. He is a world champion in Brazilian Jiu-Jitsu as well as a personal trainer. He follows the **Combat Conditioning** exercises I teach and has his jiu-jitsu students doing them as well. But for his clients in personal training, he has most of them use the machines. Well, one guy came to him for help that had been getting trained elsewhere on the weights. He was really weak and Steve decided to do something different. He started him on a program that consisted of Hindu squats, Hindu pushups, bridging, pullups, situps and the like. Trouble was that the client couldn't do any of these exercises well. He couldn't even do ten straight squats, or five pushups, or one pullup, and so on. Within ninety days the guy was doing hundreds of squats in a row, ten pullups, holding a bridge for three minutes and cracking off 50 pushups. His physical appearance completely changed and Steve decided to test him on the weights. It turns out the guy was now far stronger on the weights than he had been when training elsewhere. And this was without weight training. When Steve told me this story I said to him, "And guess what would have happened if you did the reverse?"

"What do you mean?" Steve asked.

"Well, what if you had the guy on all the machines for 90 days and then tested him in squats, pushups, pullups, bridging and situps?"

"Oh, I see your point," said Steve. "He still wouldn't be able to do them."

"Right," I said.

I hope this gives you some insight into how effective these calisthenics are.

Let me say this to close out my answer: Don't be lazy. Work on these calisthenics even if you're currently not very athletic, and within 90 days you're going to be a whole new person.

8. What do you think of aerobic exercise equipment?

Most aerobic exercise machines are okay and they are helpful to people who need to rehabilitate injuries or those who cannot go outside to walk, run or do other forms of exercise. But I think you should avoid them as much as you can. Learn to do things the natural way.

9. Do you do any stretching before you do the exercises?

No. Stretching is good but it isn't necessary to do stretches before doing these exercises simply because most of them are simultaneously strengthening your body while stretching it out. There are a lot of stretches you can do after the exercises are finished and in the future I will put out a stretching course, but for now you have plenty of work to do, so don't worry.

10. My knees hurt when I do the squats. Any suggestions?

First of all, before doing any of these exercises, remember that they are for people in good health and that you should never engage in any exercise program without the consent of your physician. With that said, you'll want to check your form. You may be leaning forward too far. Keep your back straight when you go down and when you come back up. If the knee pain persists, keep your heels flat when you go down. Almost without exception, knee pain when doing the squats is a result of having weak tendons and ligaments. Once these get built up you'll be fine.

11. I was in a car accident a few months ago and hurt my neck and back very badly. Is it okay for me to do the bridge?

That all depends upon the health of your spine right now. Don't do anything without the approval of your physician.

12. What do you think of swimming?

Swimming is a great exercise and one of the best you can do. It has a relaxing and calming effect on the body. Unfortunately, those who don't know how will find it complicated to learn. I highly recommend it but make sure you learn the strokes properly. You can certainly put it into your routine with no argument from me. I swam competitively for ten years and know that it works the entire body, from head to toe.

13. What improvements do you think I can expect after a month of *Combat Conditioning*?

Your entire body will be stronger and more flexible. You'll have a lot more endurance and mentally you'll be more focused and alert than ever before. Your confidence will soar as well.

14. You have so many exercises. I'm just a beginner. What should I do to get started?

Remember the Royal Court. Concentrate on Hindu squats, Hindu pushups and bridging. After one solid month of those three, you'll be a new person. You'll also be ready to add some other exercises.

15. Should I exercise in the morning or at night?

In the early morning the air is cleaner so it's a great time to do it. Plus, throughout the rest of the day you can look back with a feeling of accomplishment on what you did. But in the big picture, find a time that works for you and stick with it. If you can't train early in the morning, do it later in the day. Avoid making excuses and you'll be fine.

16. Is it okay to eat before training?

I wouldn't recommend it when you are first learning. After you get into reasonable shape, you can eat some fruit or something light an hour before training and this may prove to be okay for you. Then again, maybe it won't. It's an individual situation and you'll have to monitor how you feel.

17. My wife dumped me for a man with a flat stomach. If I do these exercises do you think I can win her back?

Winning her back may not be what is best. Obviously she has moved on. Concentrate on yourself for now. Perform these exercises and you'll probably attract someone into your life who is much better than what you had. I've seen it happen over and over again. As one door closes another opens.

18. What about alcohol? Can I get sloshed every night and still make progress?

Only in your dreams, pal. Only in your dreams.

19. I noticed that you don't have many pulling type movements in your program. Do you not think they are important?

Pulling movements are important, but you're going to find something out that is a surprise to most people. I want you to work on the handstand pushups until you can pop off 15 of them without any trouble. When you can do that, go test yourself on pull-ups and let me know how well you do. I think you're going to be amazed.

20. When you do roadwork, what kind of shoes do you wear?

I usually wear a pair of army jungle boots. They're comfortable as can be and they absorb shock more than running shoes. They also have the best ankle support you can buy. The army created boots so that soldiers would be able to cross any type of terrain with the least amount of discomfort. I really believe they know what they are doing when it comes to boots and that's why I wear them. Give them a try yourself. They're lighter than you think. Just make sure you break them in real well before you run in them.

About the Author

Matt Furey is a native of Carroll, Iowa. He began competing in swimming and wrestling when he was eight years old - and through dedicated practice, became a champion in each sport.

In 1981, Furey was the state runner-up in the Class 3A Iowa High School State Wrestling Championships at 167-pounds. He attended The University of Iowa from 1981-1984, where he wrestled for Olympic Gold medalist, Dan Gable.

In the fall of 1984, in order to help rebuild a doormat wrestling program, Furey transferred to Edinboro University of Pennsylvania, and in 1985 he won the NCAA II national title at 167-pounds, defeating two-time California state champion, Howard Lawson, in the finals. While at Edinboro he was coached by Mike DeAnna and two-time Olympic Gold Medalist Bruce Baumgartner.

In February of 1987, Furey opened a training business for wrestlers and fitness enthusiasts. Most of the high school wrestlers he trained went on to wrestle in college.

Furey began studying various martial arts in 1990 and immediately saw the physical, mental and philosophical links these arts had with wrestling. This led to the publication of his breakthrough book and videos entitled, *The Martial Art of Wrestling*.

In 1996, Furey began competing in a style of grappling, Shuai-Chiao - the oldest style of kung fu. Furey's teacher, Dr. Daniel Weng, a national champion from Taiwan, and a ninth-degree black belt, guided Furey to three national titles in the art. Then, during Christmas of 1997, Dr. Weng brought two U.S. teams to Beijing, China, to compete in a World Kung Fu Shuai-Chiao tournament.

In Beijing, Furey won the gold medal at 90 KG (198-pounds), and was the only non-Chinese to win a title. In addition, Furey's world title was historic because it marked the first time that an American had won a gold medal in any martial arts competition held in China.

Furey is the publisher of *G.A.I.N.* (Grappling Arts International Newsmagazine), a bi-monthly publication. He has been featured in *GQ*, *Black Belt*, *Karate Illustrated*, *Martial Arts & Combat Sports*, *Grappling*, *Inside Kung Fu*, *Martial Arts Illustrated* and various other publications.

He and his wife, Zhannie, live in Tampa, Florida.

Other Products By Matt Furey

The Martial Art of Wrestling

How To Achieve What You Want Without Positive Thinking

Combat Conditioning: Functional Exercises for Fitness and Combat Sports

G.A.I.N. (Grappling Arts International Newsmagazine)

For information on products, seminars, or specialized training, contact Matt Furey

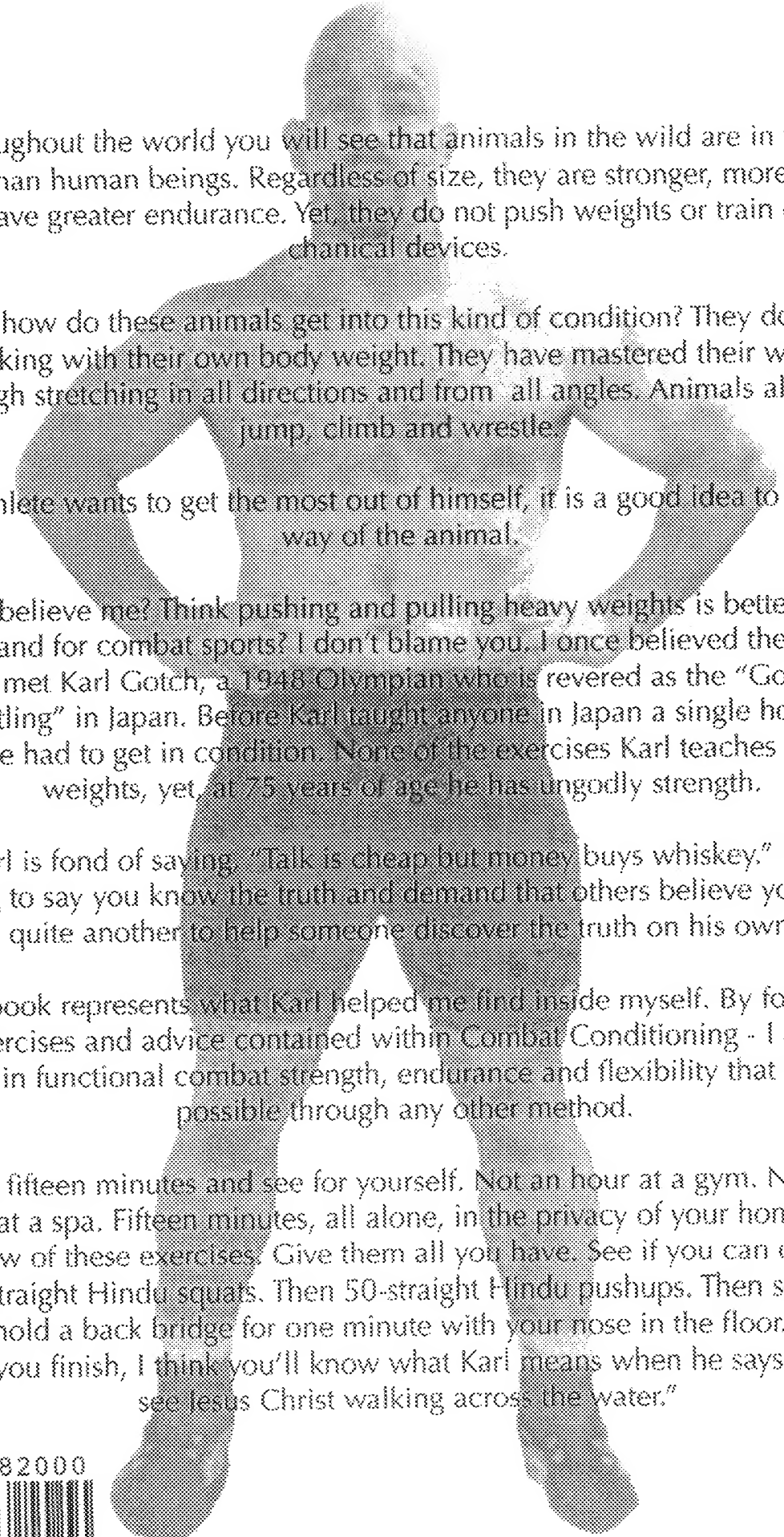
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All throughout the world you will see that animals in the wild are in far better shape than human beings. Regardless of size, they are stronger, more flexible and have greater endurance. Yet, they do not push weights or train on mechanical devices.

And how do these animals get into this kind of condition? They do it by working with their own body weight. They have mastered their weight through stretching in all directions and from all angles. Animals also run, jump, climb and wrestle.

If an athlete wants to get the most out of himself, it is a good idea to copy the way of the animal.

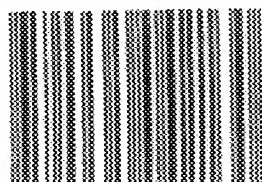
Don't believe me? Think pushing and pulling heavy weights is better for fitness and for combat sports? I don't blame you. I once believed the same. Then I met Karl Gotch, a 1948 Olympian who is revered as the "God of Pro Wrestling" in Japan. Before Karl taught anyone in Japan a single hold, the athlete had to get in condition. None of the exercises Karl teaches require weights, yet, at 75 years of age he has ungodly strength.

As Karl is fond of saying, "Talk is cheap but money buys whiskey." It is one thing to say you know the truth and demand that others believe you. It is quite another to help someone discover the truth on his own.

This book represents what Karl helped me find inside myself. By following the exercises and advice contained within *Combat Conditioning* - I achieved results in functional combat strength, endurance and flexibility that were not possible through any other method.

Take fifteen minutes and see for yourself. Not an hour at a gym. Not two hours at a spa. Fifteen minutes, all alone, in the privacy of your home. Work on a few of these exercises. Give them all you have. See if you can do a hundred straight Hindu squats. Then 50-straight Hindu pushups. Then see if you can hold a back bridge for one minute with your nose in the floor. By the time you finish, I think you'll know what Karl means when he says, "You'll see Jesus Christ walking across the water."

ISBN 096504213-8



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